

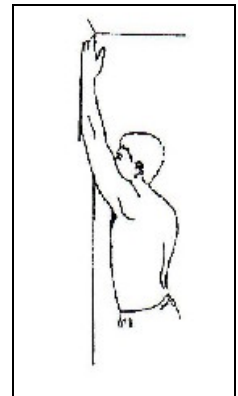
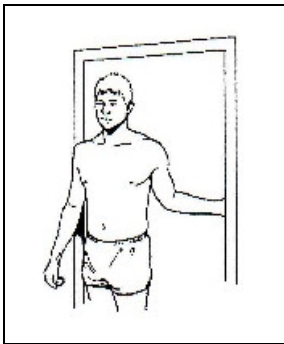


PHASE 2 EXERCISES 6 Weeks - 3 months SHOULDER REPLACEMENT

- Perform the following five times, once a day, holding each exercise for ten seconds

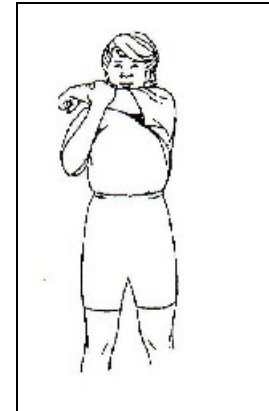
1. Flexion stretch

Place palm side up against a wall and slide arm up wall whilst getting closer to the wall



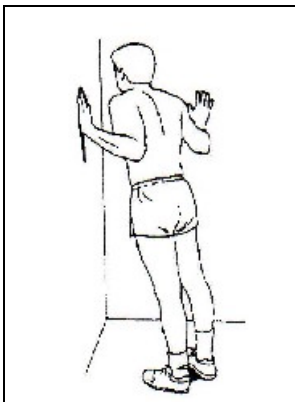
2. External rotation stretch

With elbow by your side and bent at 90°, place palm on side of door frame. Slowly turn your whole body away from the door frame so that your arm is stretched out to your side



3. Horizontal flexion stretch

With thumb pointing downwards, raise operated arm to shoulder height. Using unaffected arm stretch the arm across the Body



4. External rotation, abduction stretch

Stand in corner of a room, a few feet away. Place hands on wall at shoulder height and lean forward giving a comfortable stretch

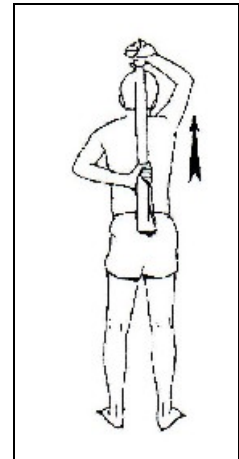


PHASE 2 EXERCISES 6 Weeks - 3 months SHOULDER REPLACEMENT

- Perform the following ten times, once a day

1. Back towel stretch

Grasp towel in both hands
Place operated arm behind back and pull
unaffected arm up, pulling up affected arm
behind the back



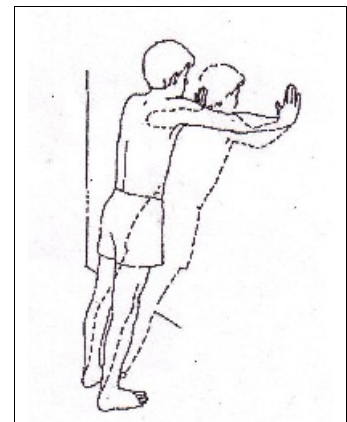
2. Prone horizontal abduction

Lay on your stomach, with operated arm over edge of the bed.
With the palm facing down raise your arm towards the ceiling

- Perform the following ten times, twice a day

1. Wall push up

Place hands on wall at shoulder height
Lean into wall, bending at the elbow
and push back, like a push up



2. Active supported external rotation

Sit at a table with elbows bent at 90°, by your side
and supported on top of the table
Keeping your shoulder blades still, slide the operated side
forearm so that it swings outwards, away from your body