

TOTAL SHOULDER REPLACEMENT (PHASE 2: Loading Phase WEEKS 6+, ONLY if you have surgeon approval)

HAND BEHIND BACK WITH ASSIST



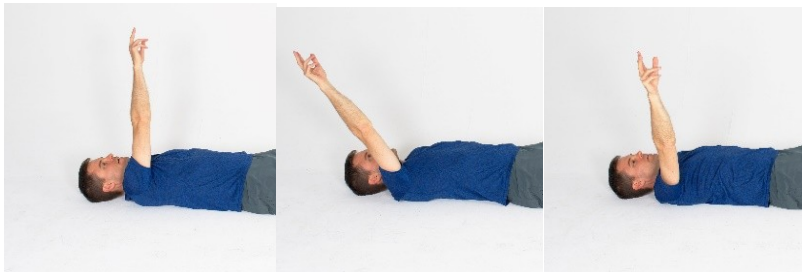
Hold your operated arm with your NON-operated hand and gently move your hand up your back.

HAND BEHIND HEAD STRETCH



Rest your hands on top of your head or behind. Have a pillow already in place for you to relax your arm on, as shown, like you're sunning yourself on a deckchair. Gradually, lessen the thickness of the pillow as you gain more range.

OPEN CHAIN PROPRIOCEPTION IN LYING



Draw alphabet in air starting with small letters, slowly progressing to larger letters.

REACHING IN DIFFERENT DIRECTIONS



ROTATION OUT WITH THERABAND



ROTATION IN WITH THERABAND



PUSHING MOTION WITH THERABAND



PULLING MOTION WITH THERABAND



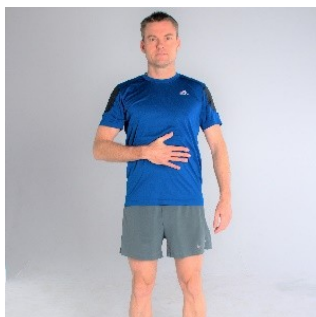
OUT FROM SIDE WITH THERABAND



IN TO SIDE WITH THERABAND

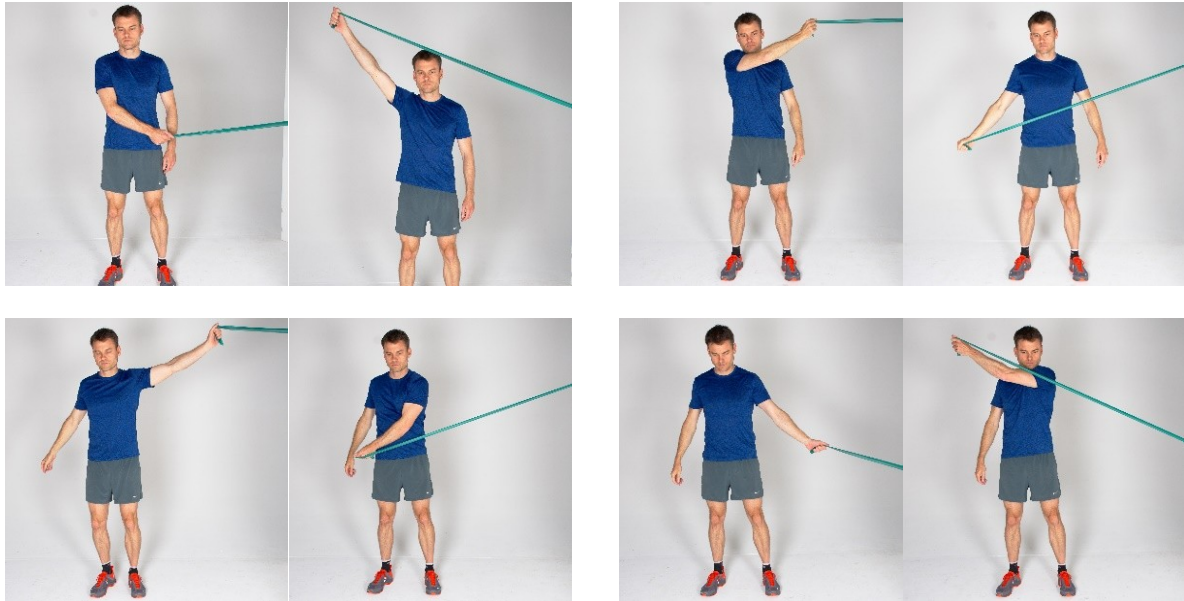


BELLY PRESS



Press hand against belly. Vary the duration of the 'press'.

COMBINATION LOADING (easy band to start with)



SHOULDER PRESS



CLOSED CHAIN BASICS (WEIGHT TRANSFERENCE ON FLOOR OR BED)

