

# 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 NONoperated 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.

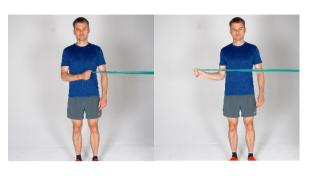
#### **REACHING IN DIFFERENT DIRECTIONS**



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(This Post-op program is designed as a guide only and needs to be individually modified to suit the needs and goals of the client)



#### **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



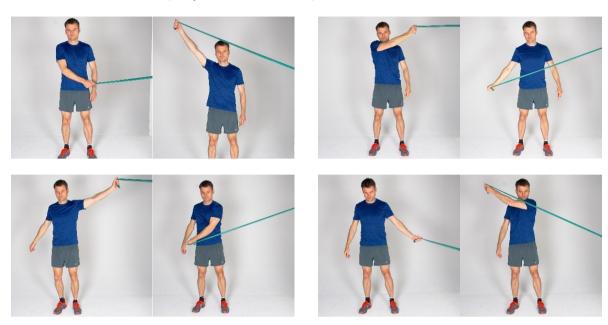
## **BELLY PRESS**



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)**

