

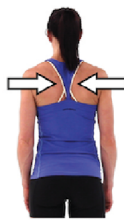
## PREOPERATIVE EXERCISES

Outcomes are highly attributed to your participation in exercises before and after surgery. If an exercise is causing pain, discontinue those exercises and focus on the ones you can perform. Perform these exercises for both legs for better surgical preparation. Perform on both of your arms to allow for better preparation for surgery and recovery.

STEP 1



STEP 2



### Standing Scapular Retraction

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 2 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your arms resting at your sides.

**Movement**

Gently squeeze your shoulder blades together, then relax them and repeat.

**Tip**

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Standing Shoulder Scaption Wall Walk

**REPS: 10-15 | SETS: 2 | HOLD: 5 SECOND | DAILY: 2 | WEEKLY: 7**

**Setup**

Begin in a standing upright position facing a wall at roughly a 45-degree angle, with your hand resting on the wall.

**Movement**

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

**Tip**

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Shoulder Flexion Wall Walk

**REPS: 10-15 | SETS: 2 | HOLD: 5 SECOND | DAILY: 2 | WEEKLY: 7**

**Setup**

Begin in a staggered stance position with one hand resting on a wall.

**Movement**

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

**Tip**

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

STEP 1



### Isometric Shoulder External Rotation at Wall

**REPS: 10-15 | SETS: 2 | HOLD: 5 SECOND | DAILY: 2 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between your wrist and a wall.

**Movement**

Push your arm into the wall as if you were rotating your forearm outward, keeping your elbow tucked at your side, then relax and repeat.

**Tip**

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



STEP 2



### Standing Isometric Shoulder Abduction with Doorway - Arm Bent

REPS: 10-15 | SETS: 2 | HOLD: 5 SECOND | DAILY: 2 | WEEKLY: 7

#### Setup

Begin in a standing upright position in the center of a doorway with your involved arm bent and a towel between your arm and the doorframe.

#### Movement

Gently press your arm out to the side into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.