BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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Shoulder Osteoarthritis

HOME EXERCISE PROGRAM

Shoulder osteoarthritis is wear of the cartilage in the ball-and-socket joint. It causes pain and stiffness. Gentle daily motion keeps the shoulder from tightening, and strengthening the muscles around it helps with daily tasks.

How to do this program

- Pain rule: mild discomfort up to 3 out of 10 during exercise is okay if it settles by the next morning. Stop any exercise that causes sharp pain.
- Move slowly and with control. Breathe normally; do not hold your breath.
- Do Phase 1 every day; motion is the most important part.
- Add Phase 2 after 2 weeks, using a light band.
- Use heat before the stretches if it helps, and ice afterward for soreness.

Phase 1 · Motion (daily)

Gentle stretches into a mild pull, never sharp pain.



1. Pendulum

Lean on a table with your good arm. Let the sore arm hang loose and gently swing it in small circles by rocking your body, not by using your shoulder muscles.

1 minute each direction · 2-3 times a day

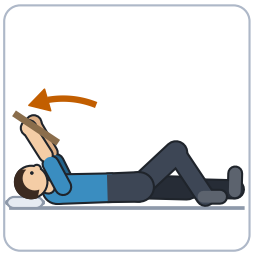


2. Table Slide

Sit beside a table with your hand on a towel. Slide the hand forward as you lean your body forward, until you feel a gentle stretch. Slide back.

Make it harder: *Hold the stretch 20 seconds at the end.*

10 reps · 2 times a day

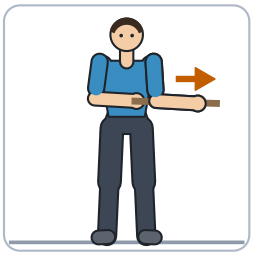


3. Lying Cane Raise

Lie on your back holding a cane with both hands. Use the good arm to help lift both arms overhead until you feel a stretch. Lower slowly.

Make it harder: *Hold 20 seconds at the top.*

10 reps · 2 times a day

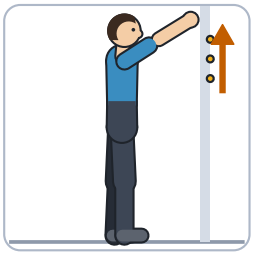


4. Cane External Rotation

Elbows at your sides bent 90°. Use a cane in the good hand to push the sore hand outward until you feel a stretch.

Make it harder: *Hold 20 seconds at the end.*

10 reps · 2 times a day



5. Wall Walk

Face a wall and walk your fingers up as high as is comfortable. Hold, then walk them back down.

Make it harder: *Stand a little closer each week.*

10 reps · 2 times a day

This program is a guideline. Your doctor or therapist may adjust it based on your condition and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

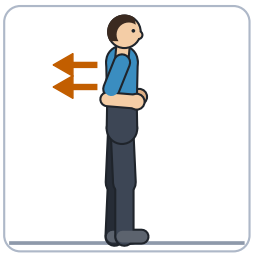
Questions: 469.800.7200
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Phase 2 · Strengthening (from week 2, 3-4 days a week)

Light band exercises to support the joint.

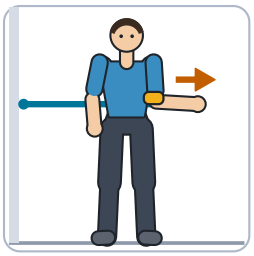


6. Shoulder Blade Squeeze

Stand tall with arms at your sides. Squeeze your shoulder blades down and back without shrugging. Hold 5 seconds.

Make it harder: *Do it with your arms out in a W shape.*

10 reps · 2 times a day

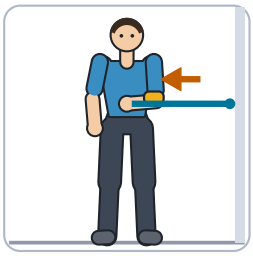


7. Band External Rotation

Elbow at your side with a rolled towel under the arm, elbow bent 90°. Rotate the forearm outward against the band, then return slowly.

Make it harder: *Use the next stronger band color.*

3 sets of 12-15 · once a day

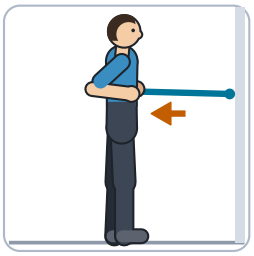


8. Band Internal Rotation

Same position with the band anchored on the other side. Rotate the forearm in toward your stomach, then return slowly.

Make it harder: *Use the next stronger band color.*

3 sets of 12-15 · once a day

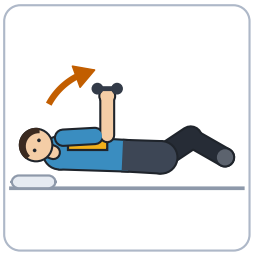


9. Band Row

Hold the band in front of you with arms straight. Pull your elbows back and squeeze the shoulder blades together, then return slowly.

Make it harder: *Use a stronger band or step farther back.*

3 sets of 12-15 · once a day



10. Side-Lying External Rotation

Lie on your good side with a towel under the elbow. Keeping the elbow at your side, rotate the forearm up toward the ceiling. Start with 1-2 lb.

Make it harder: *Add 1 lb when 15 reps feel easy.*

3 sets of 12-15 · once a day

Everyday tips

- Keep everyday items on lower shelves to limit overhead reaching.
- Sleep with a pillow under the arm for comfort.
- Short, frequent sessions are better than one long session.

Call the office if

- You lose motion despite doing the exercises.
- Pain wakes you every night.
- You notice new weakness, numbness or swelling.