

# Allina Health Orthopedics

## Core Activities for the Painful Shoulder

This handout provides various core exercises that can be completed after shoulder surgery without putting undue stress on your shoulder. The exercises are completed on your back and eventually, when you are comfortable lying on your surgical shoulder, on your side. They avoid weight bearing through the shoulder.

Choose one exercise from each row below. In each row, exercise A is the least challenging and exercise C is the most challenging. Complete two to three times per week unless otherwise noted. If questions arise, contact your medical team at Allina Health Orthopedics: (952) 946-9777

### ROW ONE



**A) Table top hold**  
Draw navel toward spine  
Position one leg in table top  
(thigh vertical, shin horizontal)  
Bring the other leg up to match

3 x 30-60 seconds



**B) Dead bug**  
Begin in table top as in exercise A  
Tap one heel to table  
Return to table top  
Tap other heel to table. Return.  
Keep back in contact with floor  
2 x 15



**C) Advanced dead bug**  
Begin in table top as in exercise A  
Straighten one leg 4-8 in over floor  
Return to table top  
Straighten other leg. Return.  
Keep back in contact with floor  
2 x 15

### ROW TWO



**A) Pelvic tilt**  
Engage your abdominals  
and flatten your spine  
Squeeze your glutes  
2 x 15



**B) Bridge**  
Cross your arms for comfort  
Squeeze your glutes  
Press your hips into the air  
2 x 15



**C) Advanced bridge**  
Cross your arms for comfort  
Bridge as in exercise B  
Add a march of your legs  
2 x 15

# Core Activities for the Painful Shoulder

## ROW THREE



### A) Pilates 100

Pull your navel in  
Curl shoulders up like a crunch  
Pump your arms 100 times  
Breathe in for 5 count  
Breathe out for 5 count  
100



### B) Advanced pilates 100

Position legs in table top  
(thighs vertical, shins horizontal)  
Curl shoulders up like a crunch  
Pump arms 100 times  
Breathe in for 5, out for 5  
100



### C) Leg lowering

Begin with legs vertical  
Lower legs only as far as you can  
keeping your spine flat on the floor  
Arms crossed (as pictured)  
or flat on floor for comfort.  
2 x 15

## ROW FOUR



### A) Hip circles

Lie on back.  
One foot on floor. Other vertical.  
With vertical leg, make a circle  
Keep torso perfectly still  
5-10 each direction



### B) Advanced hip circles

Hip circles as in exercise A.  
But with leg in table top  
(thigh vertical, shin horizontal)  
5-10 each direction



### C) Crisscross

Curl shoulders up like a crunch  
Perform bicycling motion  
Arms crossed for comfort  
2 x 15

## ROW FIVE: Perform only when you are comfortable lying on your shoulder.



### A) Clam

Lie on your side  
Rotate your knee up  
as far as it can go.  
Hold three seconds.  
2 x 15



### B) Fancy clam

Perform clam as in exercise A  
Then rotate your foot up  
to knee height.  
Foot back down. Knee back down.  
2 x 15



### C) Hip diagonal

Start with knees touching,  
top leg straight.  
Lift top leg up and back on diagonal.  
Then forward and down.  
2 x 15