

# 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

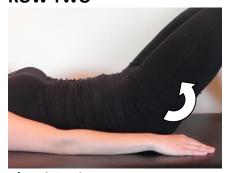


Begin in table top as in exercise A
Tap one heel to table
Return to table top
Tap other heel to table. Return.
Keep back in contact with floor
2 x 15



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