

Video: Post-Operative Shoulder Rehabilitation Exercises

Post-operative Shoulder Rehabilitation Exercise Videos are available on the **Rehab Protocols** tab of Dr. Cummins' web profile: ibji.com/doctors/craig-cummins/ and on [IBJI's YouTube Channel](#) to help you with home exercises for recovery.

These videos will take you through a home exercise program starting the first day after surgery and continuing through returning to normal activity. You will start with simple exercises and gradually progress through each phase to more strenuous exercises as you recover from surgery. The phases are based on generalized timelines; however, the speed of your progression will vary depending on your specific injury, procedure, and the guidance of your physician and physical therapist.

Phase 1:



Phase 4:



Phase 2:



Phase 5:



Phase 3:



Phase 6:

