

ab exercises after shoulder surgery

Ab Exercises After Shoulder Surgery: A Cautious Approach to Core Strengthening

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Introduction: Navigating Core Work Post-Shoulder Surgery

Shoulder surgery, whether it's a rotator cuff repair, labral repair, or another procedure, often requires a period of restricted movement and healing. While the focus is naturally on the shoulder joint itself, neglecting core strength can significantly hinder the recovery process. This article examines the complexities of performing ab exercises after shoulder surgery, addressing the potential challenges and providing a framework for safe and effective core strengthening.

Challenges of Ab Exercises After Shoulder Surgery

The primary challenge in performing ab exercises after shoulder surgery lies in avoiding movements that could compromise the healing shoulder. Many traditional abdominal exercises, particularly

those involving significant arm movement or trunk rotation, can place undue stress on the surgical site. These include:

Crunches: The upward motion of the head and shoulders can cause compensatory movements in the upper body, potentially straining the shoulder.

Russian twists: This exercise involves significant trunk rotation, which can be detrimental to the recovering shoulder joint.

Plank variations with arm movements: Plank variations that involve arm movements or weight bearing through the arms may place excessive stress on the shoulder.

Sit-ups: Similar to crunches, sit-ups can exert substantial force on the shoulder girdle, especially during the initial stages of recovery.

Furthermore, pain management and potential limitations in range of motion following surgery can impact the ability to perform standard abdominal exercises safely and effectively. Post-surgical swelling and inflammation can also increase discomfort during core work.

Opportunities for Safe and Effective Core Strengthening

Despite these challenges, maintaining and improving core strength is crucial for shoulder recovery. A strong core provides stability to the entire body, supporting proper posture and facilitating optimal shoulder movement during rehabilitation. Fortunately, many modified abdominal exercises can be performed safely after shoulder surgery. These exercises prioritize minimizing shoulder movement while still targeting the abdominal muscles:

Pelvic Tilts: This basic exercise focuses on engaging the deep abdominal muscles without stressing the shoulder.

Bridge Exercises: These target the gluteal muscles and lower abdomen, promoting core stability without arm involvement.

Modified Planks: Planks can be modified by focusing on maintaining a stable core without engaging the arms. Forearm planks or planks on the knees are suitable alternatives.

Side Planks (Modified): Side planks can be beneficial, but modifications might be needed, such as supporting the upper body on the forearm instead of the hand, to limit shoulder strain.

Deep Breathing Exercises: Diaphragmatic breathing strengthens the deep core muscles and promotes overall relaxation and healing.

These exercises should be introduced gradually, starting with shorter durations and fewer repetitions. As strength and comfort improve, the intensity and duration of the exercises can be progressively increased.

Developing a Personalized Program for Ab Exercises After Shoulder Surgery

The specific ab exercises after shoulder surgery, their intensity, and frequency should be determined in close consultation with a physical therapist or physician. They will consider the type of surgery, the individual's healing progress, and any pain or discomfort experienced. A personalized program should:

Prioritize pain-free movements: Any exercise that causes significant pain should be avoided.

Emphasize proper form: Correct form is essential to prevent injury and maximize effectiveness.

Include a gradual progression: Exercises should be introduced gradually, increasing the intensity and duration as tolerated.

Incorporate a range of exercises: A diverse range of exercises will target different abdominal muscle groups.

Be tailored to the individual's fitness level: The program should be challenging but achievable.

The Role of Physical Therapy in Ab Exercises After Shoulder Surgery

Physical therapy plays a crucial role in guiding patients through the process of performing ab exercises after shoulder surgery. Physical therapists are trained to assess the patient's condition, develop a personalized exercise program, and monitor their progress. They can also provide manual therapy techniques to address any muscle imbalances or restrictions that may be hindering the recovery process.

Conclusion

Successfully performing ab exercises after shoulder surgery requires a careful and considered approach. While many traditional exercises need to be avoided to protect the healing shoulder, a range of modified movements can safely strengthen the core, improving overall stability and facilitating a faster recovery. Close collaboration with a healthcare professional is essential to develop a tailored program that aligns with the individual's needs and ensures a safe and effective return to activity.

FAQs

1. When can I start doing ab exercises after shoulder surgery? This depends on the type of surgery and your healing progress. Consult your surgeon or physical therapist for guidance.
2. What are the signs I should stop an ab exercise? Stop if you experience sharp pain, increased swelling, or significant discomfort in your shoulder.
3. How many times a week should I do ab exercises? Your physical therapist will recommend a frequency that aligns with your recovery progress.
4. Can I do ab exercises if I have shoulder pain? No, avoid exercises that cause or increase shoulder pain.
5. Are there any specific ab exercises I should avoid after shoulder surgery? Generally, avoid exercises that involve significant arm movement or trunk rotation, such as crunches and Russian twists.
6. How long will it take to regain core strength after shoulder surgery? The timeframe varies depending on individual factors. Consistent effort and proper guidance from a physical therapist are key.
7. Can I use weights during ab exercises after shoulder surgery? Weight usage should be

carefully determined by your physical therapist, based on your individual progress.

8. What if I experience a setback during my ab exercises? If you experience any setbacks, consult your physical therapist immediately.
9. Is it important to do ab exercises after shoulder surgery for full recovery? Yes, core strength is essential for overall stability and optimal shoulder function during recovery.

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experience of clinicians working in diverse clinical contexts like yourself. Over 400 line drawings and clinical photographs delineate important concepts described in text. Chapters divided into eight parts - Wound Management, Nerve Injuries, Tendon Injuries, Shoulder, Elbow, Wrist and Distal Radial Ulnar Joint, Hand, and Special Topics - so information can be located quickly. 51 leading experts offer fresh insight and authoritative guidance on therapeutic approaches for many common diagnoses. Treatment guidelines presented for each stage of recovery from a wide range of upper extremity conditions. NEW! Authoritative quick reference guide to surgical and non-surgical procedures for hand and all upper extremity conditions. NEW! Updated information and references offers the latest information and research in the areas of hand and upper extremity rehabilitation. NEW! Larger trim size and new design accommodates a two-column format that is easier to follow.

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ab exercises after shoulder surgery: Shoulder and Elbow Injuries in Athletes Robert A. Arciero, Frank A. Cordasco, Matthew T. Provencher, 2017-10-17 Thorough and concise, this practical reference provides a unique, on-field management approach to all athletic injuries to the shoulder and elbow, as well as nonoperative and operative treatment options, including arthroscopy and open surgery. Focusing on high-performance athletes, leading authorities in the field demonstrate how to provide pain relief, restore function, and return the athlete to sport and to prior level of performance in a safe and timely fashion. - Showcases the knowledge and expertise of an international group of editors and authors who have served as president of the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons and the Arthroscopy Association of North America, are physicians or consultants for professional and collegiate sports teams, have won awards for research in the field of shoulder surgery, are editors and reviewers for peer-reviewed journals, and much more. - Contains rehabilitation guidelines and critical return-to-sport protocols - essential information for nonsurgical healthcare providers -- primarily on athletes under the age of 40, with some consideration of the older athlete (professional golf, for example). - Contains a section in each chapter covering On-the-Field Management and Early Post-Injury Assessment and Treatment - a must-read for immediate care of the injured athlete and ensuring the safe return to play. - Covers the most recent advances in the management of tendon tears in elite and overhead athletes, including prevention in youth sports, early sports specialization, and changing standards of care regarding shoulder and elbow instability. - Provides a thorough review of current ulnar collateral ligament injury diagnosis, imaging, non-operative management, and surgery, as well as acromioclavicular and sternoclavicular joint injuries, clavicle and olecranon fractures, and OCD of the capitellum.

ab exercises after shoulder surgery: Revision and Complex Shoulder Arthroplasty Robert Hahn Cofield, John W. Sperling, 2010 Written by an international group of renowned shoulder surgeons, this book is the most comprehensive, current reference devoted to revision and complex shoulder arthroplasty. The first section thoroughly explains the circumstances under which implants can fail and the details involved in assessing the problems in failed shoulder arthroplasty. The second section describes techniques for revision shoulder arthroplasty, including techniques for both anatomic reconstruction and reverse arthroplasty and the role of arthroscopy in revision surgery. The third section focuses on specific issues for various specialized types of shoulder reconstruction requiring prosthetic arthroplasty. More than 400 illustrations complement the text.

ab exercises after shoulder surgery: Firestein & Kelley's Textbook of Rheumatology - E-Book Gary S. Firestein, Ralph C. Budd, Sherine E Gabriel, Iain B McInnes, James R. O'Dell, 2020-07-05 Through 10 outstanding editions, Kelley & Firestein's Textbook of Rheumatology has provided authoritative, in-depth guidance in rheumatology with an ideal balance of basic science and clinical application. The 11th Edition of this classic text continues this tradition of excellence, while keeping you abreast of recent advances in genetics and the microbiome, new therapies such as biologics and biosimilars, and other rapid changes in the field. It provides comprehensive, global coverage of all aspects of diagnosis, screening, and treatment in both adults and children, in a user-friendly, full

color reference. - Covers everything from basic science, immunology, anatomy, and physiology to diagnostic tests, procedures, and specific disease processes—including key data on therapeutic outcomes to better inform clinical decision making. - Includes new chapters on Innate Lymphoid Cells and Natural Killer Cells, Pathogenesis of Inflammasome Mediated Diseases, Bisphosphonates, Ultrasound Evaluation of the Musculoskeletal System, and Evaluation of Monoarticular and Polyarticular Arthritis. - Features 1,200 high-quality illustrations, including superb line art, quick-reference tables, and full-color clinical photographs. - Shares the knowledge and expertise of internationally renowned scientists and clinicians, including new editor Dr. Gary Koretzky, specialist in immunology and rheumatology. - Demonstrates the complete musculoskeletal exam in online videos, including abnormal findings and the arthroscopic presentation of diseased joints. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

ab exercises after shoulder surgery: Rehabilitation of the Hand and Upper Extremity, E-Book
Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you're likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a must read for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. - Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. - Provides multidisciplinary, global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors. - Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. - Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proprioception in Hand Rehabilitation, Graded Motor Imagery, and more. - Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy management, and much more. - Helps you keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management—all clearly depicted with full-color illustrations and photographs.

ab exercises after shoulder surgery: Physical Medicine and Rehabilitation E-Book
Randall L. Braddom, 2010-12-07 *Physical Medicine and Rehabilitation* presents today's best physiatry knowledge and techniques, ideal for the whole rehabilitation team. This trusted reference delivers the proven science and comprehensive guidance you need to offer every patient maximum pain relief and optimal return to function. In this new edition, Dr. Randall L. Braddom covers current developments in interventional injection procedures, the management of chronic pain, integrative medicine, recent changes in the focus of stroke and brain injury rehabilitation, and much more. Access the complete contents online along with 1000 self-assessment questions at www.expertconsult.com. Gain a clear visual understanding of important concepts thanks to 1400 detailed illustrations—1000 in full color. Find and apply the information you need easily with each chapter carefully edited by Dr. Braddom and his associates for consistency, succinctness, and readability. Access the fully searchable text online at Expert Consult, as well as 1000 self-assessment questions. Master axial and peripheral joint injections through in-depth coverage of the indications for and limitations of these therapies. Make optimal use of ultrasound in diagnosis and treatment. Get a broader perspective on your field from a new chapter on PM&R in the

international community.

ab exercises after shoulder surgery: Therapeutic Exercise for Musculoskeletal Injuries

Peggy A. Houglum, 2018-10-30 *Therapeutic Exercise for Musculoskeletal Injuries*, Fourth Edition With Online Video, presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice. The content featured in *Therapeutic Exercise for Musculoskeletal Injuries* aligns with the Board of Certification's (BOC) accreditation standards and prepares students for the BOC Athletic Trainers' exam. Author and respected clinician Peggy A. Houglum incorporates more than 40 years of experience in the field to offer evidence-based perspectives, updated theories, and real-world applications. The fourth edition of *Therapeutic Exercise for Musculoskeletal Injuries* has been streamlined and restructured for a cleaner presentation of content and easier navigation. Additional updates to this edition include the following:

- An emphasis on evidence-based practice encourages the use of current scientific research in treating specific injuries.
- Full-color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts.
- 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts.
- Clinical tips illustrate key points in each chapter to reinforce knowledge retention and allow for quick reference.

The unparalleled information throughout *Therapeutic Exercise for Musculoskeletal Injuries*, Fourth Edition, has been thoroughly updated to reflect contemporary science and the latest research. Part I includes basic concepts to help readers identify and understand common health questions in examination, assessment, mechanics, rehabilitation, and healing. Part II explores exercise parameters and techniques, including range of motion and flexibility, proprioception, muscle strength and endurance, plyometrics, and development. Part III outlines general therapeutic exercise applications such as posture, ambulation, manual therapy, therapeutic exercise equipment, and body considerations. Part IV synthesizes the information from the previous segments and describes how to create a rehabilitation program, highlighting special considerations and applications for specific body regions. Featuring more than 830 color photos and more than 330 illustrations, the text clarifies complicated concepts for future and practicing rehabilitation clinicians. Case studies throughout part IV emphasize practical applications and scenarios to give context to challenging concepts. Most chapters also contain Evidence in Rehabilitation sidebars that focus on current peer-reviewed research in the field and include applied uses for evidence-based practice. Additional learning aids have been updated to help readers absorb and apply new content; these include chapter objectives, lab activities, key points, key terms, critical thinking questions, and references. Instructor ancillaries, including a presentation package plus image bank, instructor guide, and test package, will be accessible online. *Therapeutic Exercise for Musculoskeletal Injuries*, Fourth Edition, equips readers with comprehensive material to prepare for and support real-world applications and clinical practice. Readers will know what to expect when treating clients, how to apply evidence-based knowledge, and how to develop custom individual programs.

ab exercises after shoulder surgery: Physical Rehabilitation of the Injured Athlete

James Reuben Andrews, 1991 *Addresses* causes, biomechanics and rehabilitation of common injuries incurred by athletes. Coverage includes rehabilitation principles, psychological factors and physiological response to immobilization and mobilization techniques.

ab exercises after shoulder surgery: Physical Agents in Rehabilitation - E Book

Michelle H. Cameron, 2021-12-29 - NEW! Shock Wave Therapy chapter covers the principles, evidence base, and practical guidance for using this newly available physical agent. - NEW! Updated Lasers, Light and Photobiomodulation chapter adds over 100 new references and more specific guidance for selecting

parameters for clinical application. - NEW! Enhanced eBook version – included with print purchase – allows access to the entire, fully searchable text, along with figures and references from the book, on a variety of devices.

ab exercises after shoulder surgery: Pathology and Intervention in Musculoskeletal Rehabilitation David J. Magee, James E. Zachazewski, William S. Quillen, Robert C. Manske, 2015-11-20 Design and implement a rehab program on your own with Pathology and Intervention in Musculoskeletal Rehabilitation, 2nd Edition. Part of Magee's popular Musculoskeletal Rehabilitation Series, this pathology text for physical therapists provides clear guidance on patient management relative to specific musculoskeletal pathology, injury, and illness - all based on a sound understanding of basic science and principles of practice. It focuses on the specific pathologies most often seen in the clinic, and discusses the best methods for intervention for the different areas of the body in the context of the tissue-healing model. Each intervention features a rationale, along with the pathology and problem presented; stage of healing; evidence in the literature; and clinical reasoning considerations. Dedicated and focused information on the specific pathologies most often seen in the clinic, as well as the best methods for intervention for the different areas of the body, minimizes duplication of information by referring you to other titles in the Musculoskeletal Rehabilitation Series for basic scientific information regarding inflammation, healing, tissue deformation, and the development of muscular strength and endurance. Trusted experts in musculoskeletal rehabilitation, along with internationally recognized contributors, present the best evidence behind contemporary interventions directed toward the treatment of the impairments and functional limitations associated with acute, chronic, and congenital musculoskeletal conditions occurring across the lifespan. Evidence-based content, with over 4,000 references, supports the scientific principles for rehabilitation interventions, providing the best evidence for the management of musculoskeletal pathology and injury. NEW! The Skin and Wound Healing chapter looks at the numerous tools available to assist in objectively monitoring and treating a patient with an acute or chronic wound. NEW! Rotator Cuff Pathology chapter highlights the anatomy, function, and etiology of the rotary cuff, and addresses rotary cuff injuries, physical examination, and non-operative and operative treatment. UPDATED! Substantially revised chapter on the Thoracic Ring Approach facilitates clinical reasoning for the treatment of the thoracic spine and ribs through the assessment and treatment of thoracic spine disorders and how they relate to the whole kinetic chain. UPDATED! Revised Lumbar Spine - Treatment of Motor Control Disorders chapter explores some of the research evidence and clinical reasoning pertaining to instability of the lumbar spine so you can better organize your knowledge for immediate use in the clinical setting. UPDATED! Significantly revised chapter on the treatment of pelvic pain and dysfunction presents an overview of specific pathologies pertaining to the various systems of the pelvis - and highlights how The Integrated Systems Model for Disability and Pain facilitates evidence-based management of the often complex patient with pelvic pain and dysfunction. NEW! Musculoskeletal Bone and Soft Tissue Tumors chapter covers common bones tumors, anatomic considerations and rehabilitation, pediatric patients, and amputation related to cancer. UPDATED! Thoroughly revised chapters with additional references ensure you get the most recent evidence and information available. NEW! Full color design and illustration program reflects what you see in the physical world to help you recognize and understand concepts more quickly.

ab exercises after shoulder surgery: Shoulder Arthroscopy Giuseppe Milano, Andrea Grasso, Roman Brzóška, Ladislav Kovačič, 2023-07-10 This comprehensive textbook, published in collaboration with ESSKA, now in a revised and updated second edition, covers all major shoulder problems and related arthroscopic treatments. Introductory sections on basic science and the principles of shoulder arthroscopy provide essential information with the aim of enhancing understanding of a wide range of key issues. Shoulder conditions and their treatments are then described according to a learning pathway that will allow readers to improve their knowledge and skills in shoulder arthroscopy, from simple, standardized techniques to more complex and advanced procedures. The new edition includes additional chapters and offers attractive recent surgical

solutions to challenging shoulder conditions, such as severe bone loss in shoulder instability and massive and irreparable rotator cuff tears. All chapters are written by expert arthroscopic surgeons who present decision-making algorithms for diagnosis and treatment, provide step-by-step instructions on arthroscopic techniques, identify pitfalls, and describe their personal tips and pearls. A dedicated section on outcomes measurements and experimental models explains the principles of outcome research on the topics addressed in the book.

ab exercises after shoulder surgery: Journal of Rehabilitation Research & Development , 2002

ab exercises after shoulder surgery: Shoulder Arthroscopy and MRI Techniques Georg Lajtai, Stephen J. Snyder, Gregory Applegate, Gernot Aitzetmüller, Christian Gerber, 2013-12-20 An authoritative text on the various techniques in arthroscopic surgery of the shoulder joint. International experts in the field cover the whole spectrum of the state of the art. Clear and self-explanatory illustrations depict the operative procedures in a step-by-step manner. The authors communicate tips and tricks thus enabling the reader to easily reproduce the procedures with the desired results. Through direct comparison between arthroscopic and MRI photographs the surgeon will be able to correlate the two and draw important conclusions. Another focus is placed on post-operative MRI evaluation. The reader is provided with up-to-date information and a valuable guide in his daily routine.

Additional Resources

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