



LANCASTER ORTHOPEDIC GROUP

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### **Jean-Pierre Liotard (JPL) Motion Exercises**

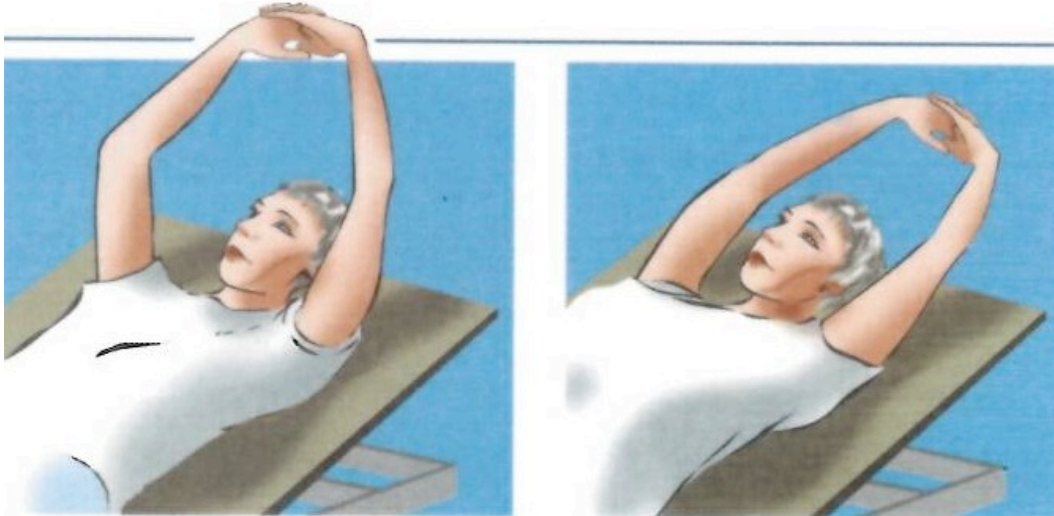
This protocol includes three phases. In each phase, your fingers and hands are clasped together. When performing the exercises, do NOT pull your operative side with your good side. Instead, the good side should simply help control movements and prevent your operative arm from giving way.

All movements should progress as tolerated and should not be painful.

The main key is to perform the exercises 3-5 times a day, performing 5 repetitions each time.

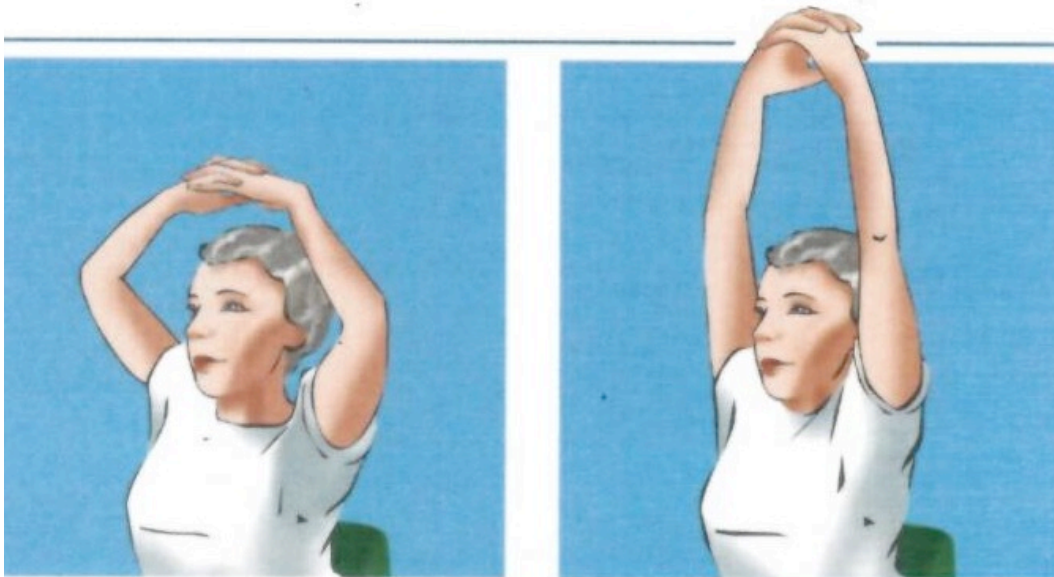
### Phase 1 (2 weeks after surgery)

While in the lying position, raise your arms to your forehead. When you've reached the maximum height that you can go without pain, straighten your elbows. Hold for a few seconds and then return your hands smoothly to your stomach.



### Phase 2 (2-6 weeks after surgery)

While sitting straight in a chair, repeat the exercises as described above. Start with your hands resting on your lap, elevate to your forehead, straighten your elbows, and then return your hands smoothly to your lap. When you can do this comfortably, begin bringing your hands above your head.



Phase 3 (6 weeks to 6 months after surgery)

Try to start bringing your hands behind your head. Once your hands are behind your head, straighten your elbows before returning smoothly to the starting position. When your elbows are fully extended, your arms should be touching or close to touching your ears.



Note: This protocol was originally designed to be used in a warm pool, which provides buoyancy and also helps to loosen the muscles and soft tissues around your shoulder. If you have access to a warm pool, you may

find it helpful to do these exercises there once your incision is healed and you can submerge your arm. Perform them for 20 minutes, ideally under the supervision of a therapist.

If you do not have access to a pool, perform the exercises at home or with a therapist.

### **Pool Exercises**

Start with your hands at your sides. Allow them to float to the water surface with one arm swinging forwards and one swinging backwards. Repeat, while alternating arms.





After performing these exercises a few times, begin swinging one arm across your body to touch your other shoulder. Your other arm should swing behind you, as if you were trying to reach your back pocket.



Also practice clasping your hands and then externally rotating your arms.