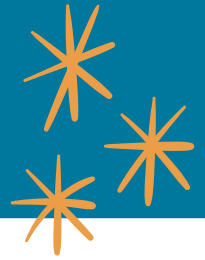




PT Routine

POST GENDER-AFFIRMING SURGERY RECOVERY

4-8 Weeks Out



Wall Slides

Stand facing the wall, slide your arms up and down, keeping them in contact with the surface.

2 Sets of
10 Reps



Shoulder Active

Assisted Range of
Motion (AAROM) →

2 Sets of
10 Reps



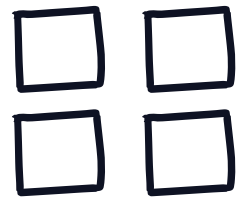
Active Range of Motion

Start with assisted movements, gradually moving to independent motions to enhance flexibility and strength.

Wall Pushups → Chair

Pushups → Planks →
Pushups

5 Sets of
5 Reps



Progress from wall pushups to chair pushups, then to planks on the ground, and finally to standard pushups.