

Post Op Shoulder Exercises

Purpose: To Improve mobility of shoulder and maintain range of motion of the elbow, forearm and wrist.

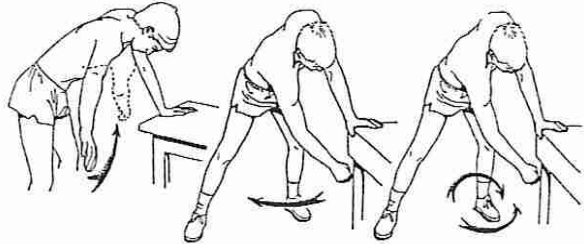
All exercises may be done 3X/day, 15-20 repetitions per session. **Start the day after surgery.**

If you have any questions please contact us at (614) 545-7900.

1. Pendulum Exercises:

Position: Bend forward at hips and knees and allow your arm to dangle freely in front of body; place opposite hand on a table or counter for support

Action: Let the arm hang heavy and limp; do not use muscles to move the shoulder but move the trunk in order to swing the arm freely as a pendulum from side to side, forward and back and clockwise/counterclockwise.



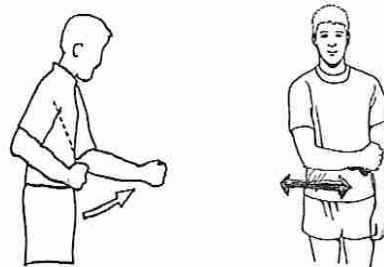
2. Sawing:

Position: Arm at side with elbow bent at 90 degrees

Action: A) Move arm forward and back

B) Move arm side to side across body

Note: Use other hand/arm to help the motion



3. Shoulder Shrugs/Rolls:

Position: Let arms hang at your sides

Action: A) Shrug shoulders

B) Pinch shoulder blades back



4. Shoulder Rotation:

Position: Arm at side, elbow bend at 90 degrees and hand pointing straight ahead

Action: Rotate hand in to stomach and then Return to starting position

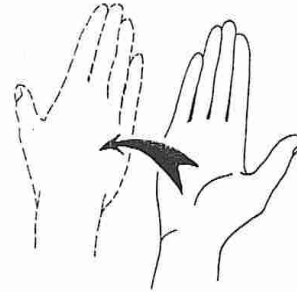
Note: Use other hand/arm to help the motion



5. Forearm Pronation/Supination:

Position: Arm at side, elbow bend at 90 degrees and hand pointing straight ahead with thumb up

Action: Rotate palm up to ceiling and then down to floor.



6. Elbow Flexion/Extension:

Position: Arm at side with elbow straight

Action: Bend elbow and reach finger tips toward shoulder and then straighten back out

Note: Use other hand/arm to help the motion



7. Wrist Flexion/Extension/Deviations/Circles:

Position: Arm at side with elbow bent and palm facing floor

Action: Bend wrist up and down, side to side and in circles (clockwise/counterclockwise)

