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Early Postoperative Shoulder Exercises





Pan Am Clinic Early Postoperative Shoulder Exercises

Directions:

- » These exercises should be started the day after your surgery.
- » You will do each exercise 3 times a day (3 sessions: morning, noon, evening).
- » Each exercise should be done 10-20 times (repetitions) for each session.



1. Shoulder Pendulums

- » Stand and bend at the waist, holding onto a table or chair with the good arm, leaving the surgical arm hanging.
- » Start the movement by gently moving your body side to side to create a circular motion with your surgical arm. The circles should be no bigger than a dinner plate.
- » **DO NOT USE YOUR SHOULDER MUSCLES. YOUR SHOULDER SHOULD BE RELAXED. LET YOUR BODY DO THE WORK.**



2. Forearm Supination/Pronation

- » Sit up straight in a chair with your forearm supported on a table.
- » With your elbow slightly bent, turn your palm up to face the ceiling, then down to face the table turning only the forearm in a slow controlled motion.



4. Active Elbow Flexion/Extension

- » Sit on a chair with your arm straight along your side.
- » Bend your elbow upward, bringing your hand to your shoulder.
- » Lower your hand slowly until your arm is straight.



3. Active Wrist Extension/Flexion

- » Begin with the forearm of your surgical arm on the table with your palm down and wrist over the edge.
- » Lift your hand up towards the ceiling and then bring it down towards the floor.
- » Do it in a slow and controlled motion.



5. Active Finger Flexion/Extension

- » Sit in a chair with your surgical arm on your lap or on the armrest.
- » Make a fist with your fingers and then spread your fingers out wide.