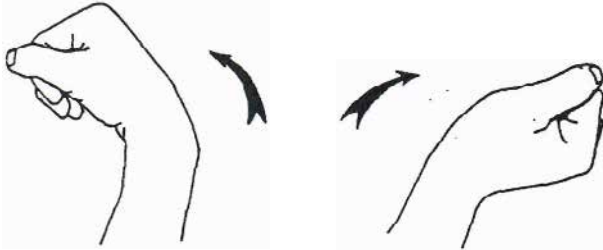


SHOULDER POST OPERATIVE EXERCISES

Active Range of Motion Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.

Elbow Flexion and Extension: Active Range of Motion



With palm UP and DOWN gently bend elbow as far as possible. Hold 10 seconds. Straighten arm back out as far as possible.

SHOULDER-Range of Motion Exercises (Self-stretching activities): Flexion(alternate)

Slide arm up wall with palm toward you by moving closer to wall.

Hold 10 seconds.



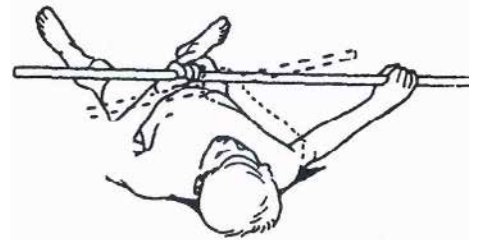
SHOULDER-Range of Motion Exercises

(Codman's Exercises): Pendulum (Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.



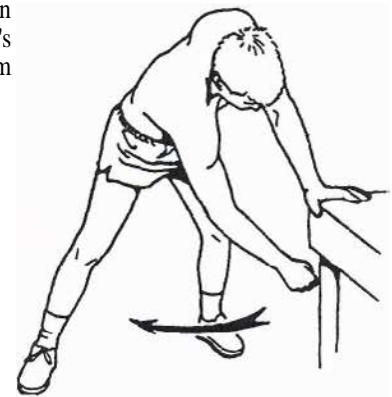
SHOULDER-Range of Motion Exercises



Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent. Hold 10 seconds.

SHOULDER-Range of Motion Exercises (Codman's Exercises): Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.



All exercises should be repeated 30 times. Two sessions per day are recommended.