

Immediate Post-op Shoulder Exercises

Shoulder - ROM: Pendulum (Circular)

Remove sling for these exercises.

Let affected arm move in circle clockwise, then counterclockwise, by rocking body weight.

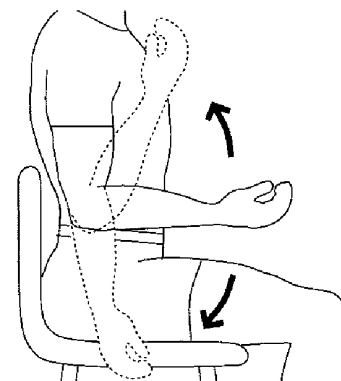
Circle ten times each direction per set. Do three sets per session. Do three sessions per day.



Elbow - AROM Flexion and Extension

Sitting or standing, begin with arm at side with elbow straight. Bend elbow upward to a comfortable limit. Slowly lower arm returning to starting position.

Repeat five times per set. Do one set per session. Do three to five sessions per day.



Hand - AROM Finger Flexion and Extension

Hold hands in front. Begin with fingers straight and spread apart. Close hands into a firm fist. Open and spread fingers.

Repeat five times per set. Do one set per session. Do three to five sessions per day.

