

## Post-operative Shoulder Exercises – Codman Exercises

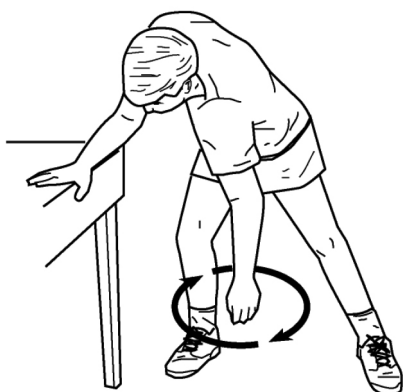
This set of exercises is also known more generally as “pendulum swings” or “arm circles.”

These are a gentle, safe way to mobilize the shoulder joint without causing undue stress to the healing structures of concern.

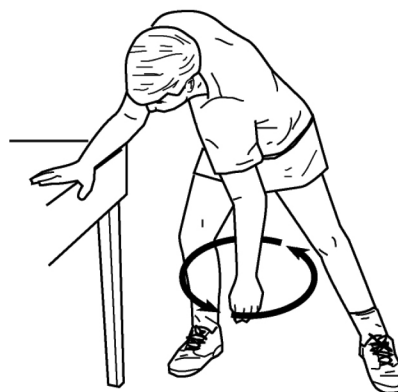
Codman exercises should be performed three to four times daily, in addition to the “Phase I” wrist and elbow exercises.

**Exercises:** Your sling should be removed for the exercises. These are performed standing. Bend at the waist so your arm is dangling down. With the uninvolved arm, hold onto something stable for support. Gently rock your body weight back and forth or in a circular motion to move your arm as illustrated below. The size of the swinging motion or circle your hand is making should be about 10 to 12 inches in length or diameter.

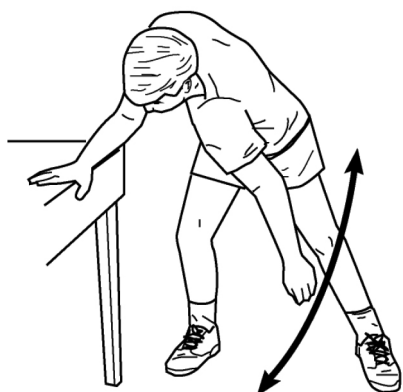
Repeat the exercises 20 times in each direction.



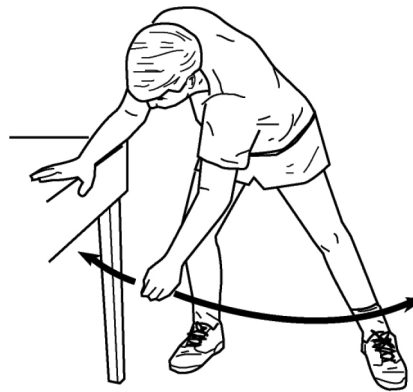
**Clockwise Circle**



**Counterclockwise Circle**



**Flexion Extension**



**Flexion Extension Horizontal**