

Post-operative Shoulder Exercises

Phase I

- Exercise and movement are important following surgery. Muscle contractions through exercise release nitric oxide, which decreases inflammation, aids in wound healing and helps prevent stiffness.
- Be sure to squeeze the ball attached to your UltraSling throughout the day.
- Exercises: You may stand or sit. Complete each exercise 20 to 30 times and repeat each set three to four times daily. Before starting, gently remove your Ultra-Sling.

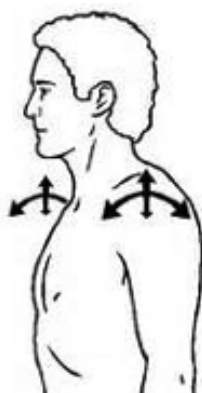
Wrist Circles: Start with your forearm supported by your other hand and move your hand in a circle. Complete clockwise, and then counterclockwise.



Forearm Pronation and Supination: Start with your elbow at your side and forearm at a 90° angle. Rotate your palm from up to down position and then repeat.



Shoulder Shrugs: Move your shoulder blades up, pinch them together, then lower back down to resting position.



Elbow Flexion and Extension: Make a fist with your palms up. Start with your arm at your side, your elbow fully extended. Bend your elbow up towards your shoulder keeping your arm next to your body, then return your arm to the starting position.



Phase II

- Exercises will start with a therapist after you have been back for your first post-operative visit.
- In some cases this time-frame may be delayed due to the type of repair performed or the quality of tissue in your shoulder.
- Therapy is suggested two to three times per week, usually for 8 to 12 weeks.