

THE SHOULDER CLINIC

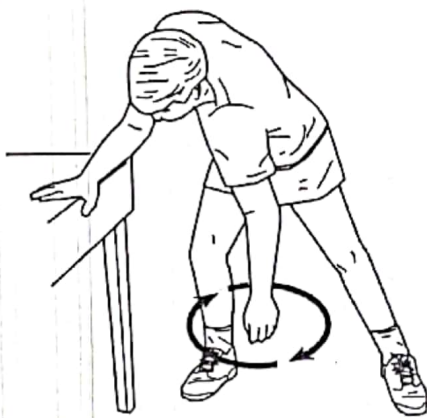
The following exercises will help you maintain your elbow and forearm range of motion and your hand strength while you are recovering from your shoulder surgery:

1. Bend and straighten your elbow 10 times 4-5 different times a day.
2. Turn your palm up and down 10 times 4-5 different times a day.
3. Squeeze a tennis ball with your hand 20 times 4-5 different times a day.

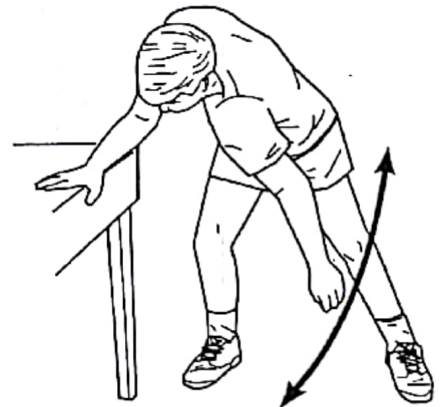
Pendulum Exercises for Shoulder

All exercises should be done 5 times daily in 5 to 10 minute sessions.

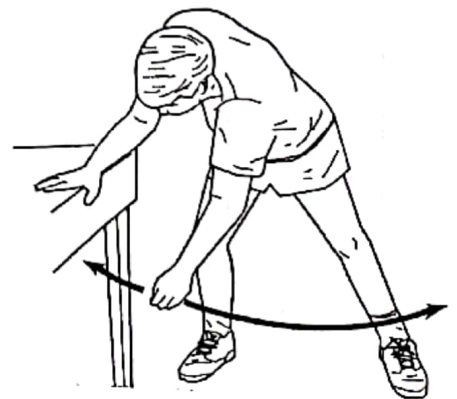
- Bend at the waist so your arm is dangling down. You may want to hold onto a table or chair for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in circular pattern. Reverse your movement so your arm moves in the opposite direction. Do this 5 times in each direction.



- Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm forward and backward. Let your arm swing freely.



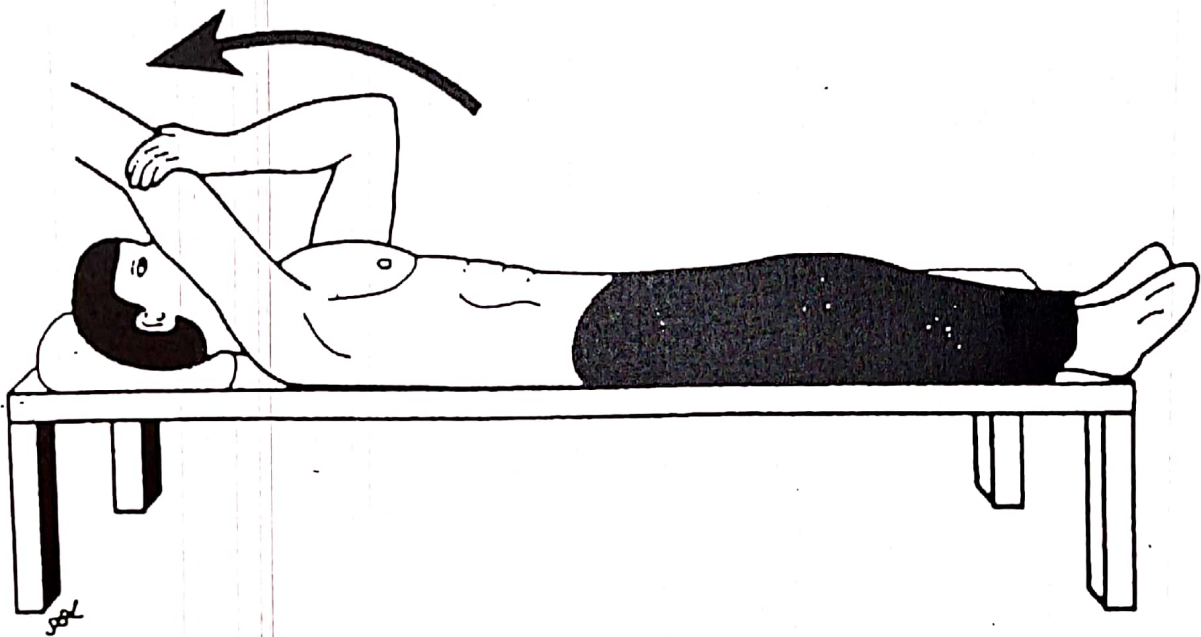
- Bend at your waist so your arm is dangling down. You may want to hold onto a table or chair for support. Move your arm side to side. Let your arm swing freely.



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Proper Technique for OVERHEAD STRETCH Exercise:

Lie on your back. Grasp the wrist or elbow of the operated arm with your opposite hand. Using the power in your opposite arm, bring the operated arm up until a stretch is felt. Hold this position for 30 seconds. Repeat this 5 times and do the exercise 5 times a day. Refer to the picture below.

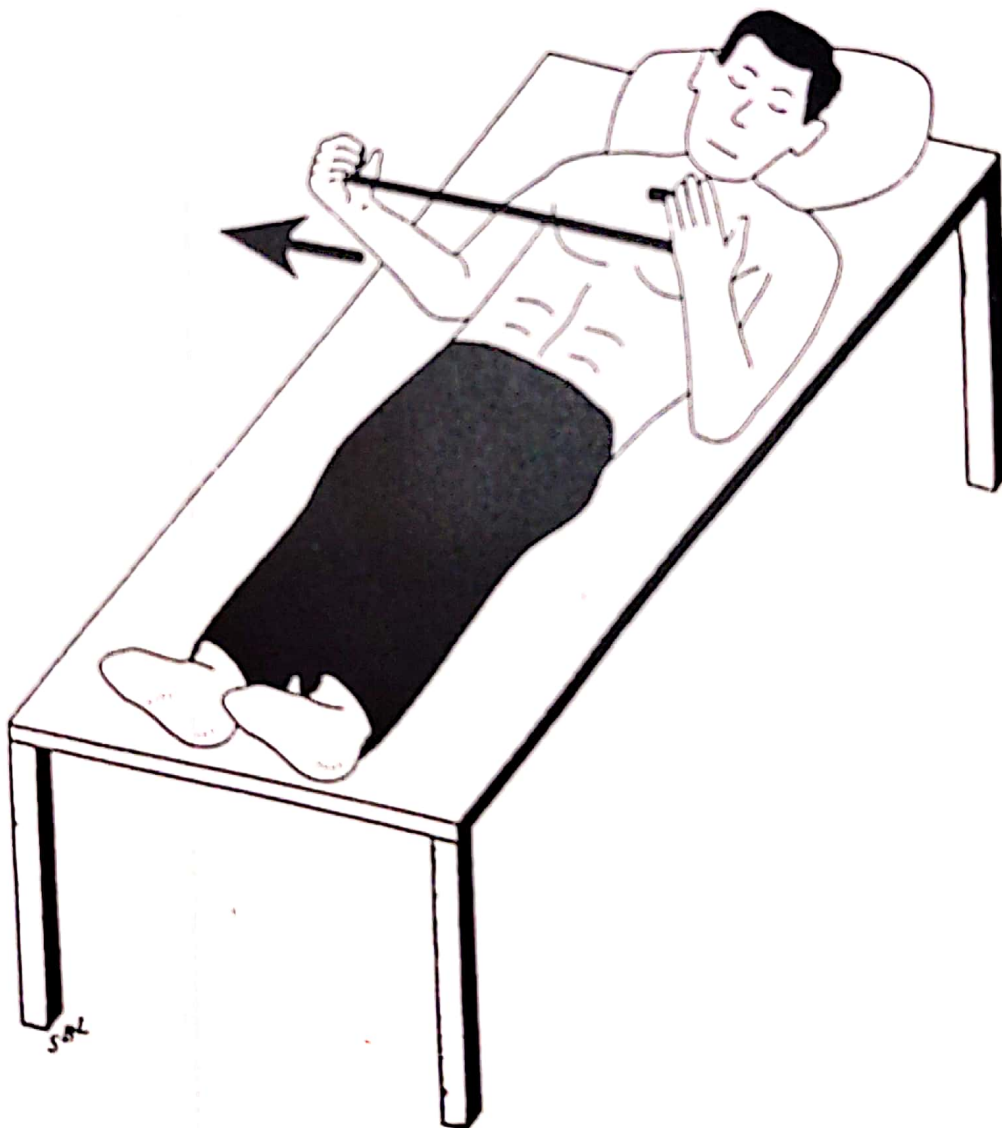


LIMIT OVERHEAD STRETCH TO _____ DEGREES.

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Proper Technique for EXTERNAL ROTATION Exercise:

Lie on your back. Hold a cane, yardstick, broom handle or dowel in both hands. Bend both elbows to a right angle. Use a steady, gentle force from your unoperated arm to rotate the hand of the operated arm out away from your body until a stretch is felt. Remember to keep the elbow bent at a 90 degree angle during this exercise. Hold this position for 30 seconds. Repeat this 5 times and do this exercise 5 times a day. Refer to the picture below.



LIMIT EXTERNAL ROTATION TO _____ DEGREE