

TOTAL SHOULDER EXERCISES



Perform exercises 1-2 sets of 10 reps 2-3 times daily.

#1- TOWEL ROLL SQUEEZE



Gently open and close hand, or squeeze ball or towel roll.

#2- PENDULUMS



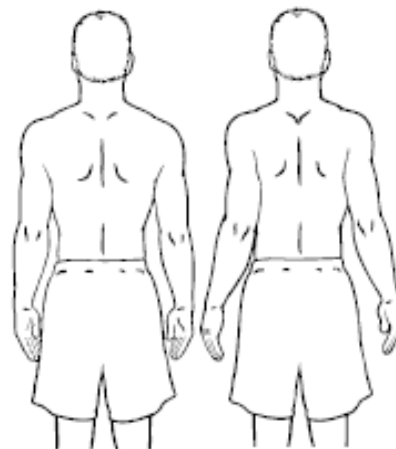
Let surgical arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern. **DO NOT ACTIVELY MOVE THE ARM- LET IT DANGLE.**

#3- ELBOW FLEXION



Gently bend and straighten elbow.

#4- SCAPULAR RETRACTION



With arms at sides (surgical arm can be in sling/immobilizer), pinch shoulder blades together. *Focus on pulling them down and back.

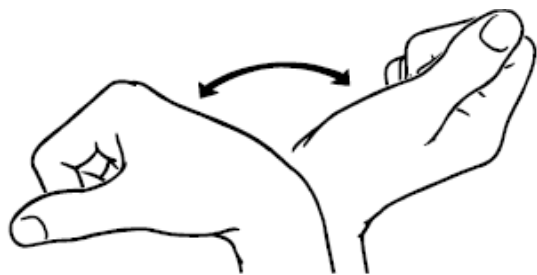
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#5- WRIST FLEXION/EXTENSION



Actively bend wrist forward then back. Focus on light and gentle mobility and stretching.

#6- FOREARM SUPINATION



Slowly rotate palm down until stretch is felt. Relax. Then rotate palm up until stretch is felt.