SHOULDER POST OPERATIVE EXERCISES

Active Range of Motion Wrist
Flexion/Extension
Actively bend wrist forward then
backward as far as you can.

Elbow Flexion and Extension: Active Range of Motion
With palm UP and DOWN gently bend elbow as far as
possible. Hold 10 seconds. Straighten arm back out as far as
possible.

SHOULDER- Range of Motion Exercises
(Codman's Exercises):
Pendulum (Qockwise/counterclock
wise)
Let arm move in a circle
clockwise, then
counterclockwise by
rocking body weight in a
circular pattern.

With palm UP and DOWN gently bend elbow as far as
possible. Hold 10 seconds.

SHOULDER- Range of Motion Exercises
(Self-stretching activities):
Flexion(alternate)
Slide arm up wall with palm toward you by
moving closer to wall.

Hold _10_ seconds.

SHOULDER- Range of Motion Exercises
(Pendulum (side-to-side)
Gently move arm from
side to side by rocking
body weight from side
to side. Let arm swing
freely.

Hold wand with involved side palm up, push with uninvolved
side (palm down) out from body while keeping elbow at side
until you feel a stretch. Then pull back across body leading
with uninvolved side. Be sure to keep elbows bent.
Hold 10 seconds.

All exercises should be repeated 30 times. Two sessions per day
are recommended.