



## Distal ROM, ROM Distal



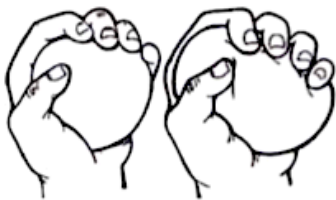
1. Stand with operated arm straight, palm of hand facing forward as shown
2. Bend elbow as shown
3. 20 repetitions, 2 times per day



1. Begin with thumb facing up
2. Turn palm upward and then downward
3. 20 repetitions, 2 times per day



1. Bend wrist up and then down
2. 20 repetitions, 2 times per day



1. Hold a soft ball as shown with your hand
2. Squeeze firmly
3. 20 repetitions, 2 times per day

**Sleeping-** Sleep in a semi-reclined position in a chair or in bed with pillows to support the back. Do not lie flat in bed. Have a towel or pillow to support the operated shoulder.

**Dressing-** Put the operated arm in first using a button down shirt. T-Shirts are too difficult to wear. The sling can be worn over a shirt the day after surgery.

**Showering-** As directed by your surgeon.

Any exercises given should be started 24 hours after surgery.