



RECOVERY

Shoulder Surgery Exercise Guide

Regular exercises to restore motion and flexibility to your shoulder and a gradual return to your everyday activities are important for your full recovery after shoulder surgery.

Your orthopaedic surgeon and physical therapist may recommend that you exercise for 10 to 15 minutes, 2 or 3 times a day during your early recovery period. They may suggest some of the exercises included in this guide. They may also recommend additional exercises to help prevent stiffness in your elbow and hand.

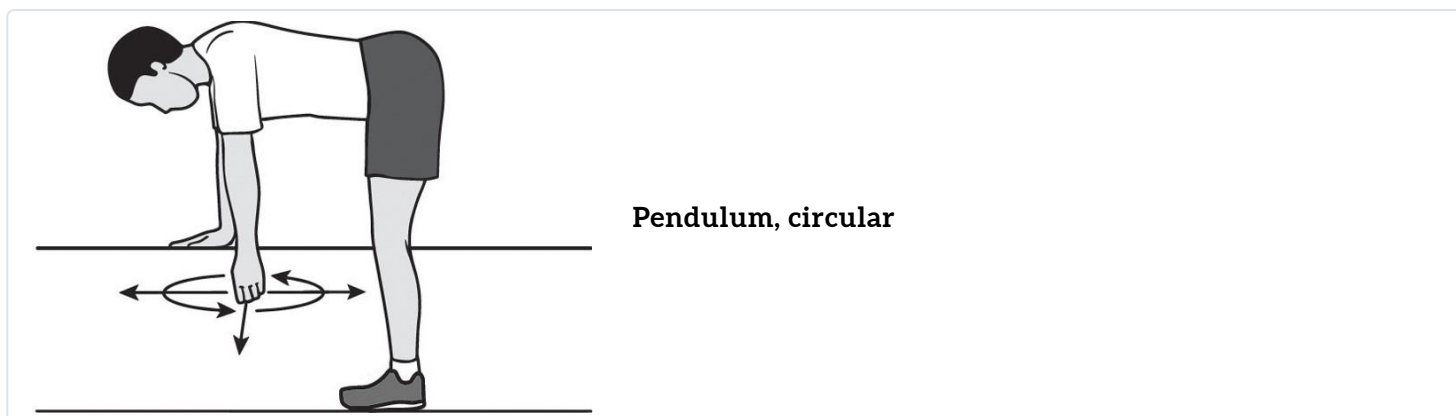
Check with your physical therapist or orthopaedic surgeon before performing any of the exercises shown below. In addition, remember to always use pain as your guide when exercising. Doing too much, too soon may delay healing.

Pendulum, Circular

Bend forward 90 degrees at the waist, placing your uninvolved hand on a table for support.

Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Keep your arm relaxed during the exercise. The circular pendular movement should occur through your shoulder joint.

Do 3 sessions a day.



Shoulder Forward Elevation (Assisted)