

Craig S. Mauro, MD
Exercises after Shoulder Surgery

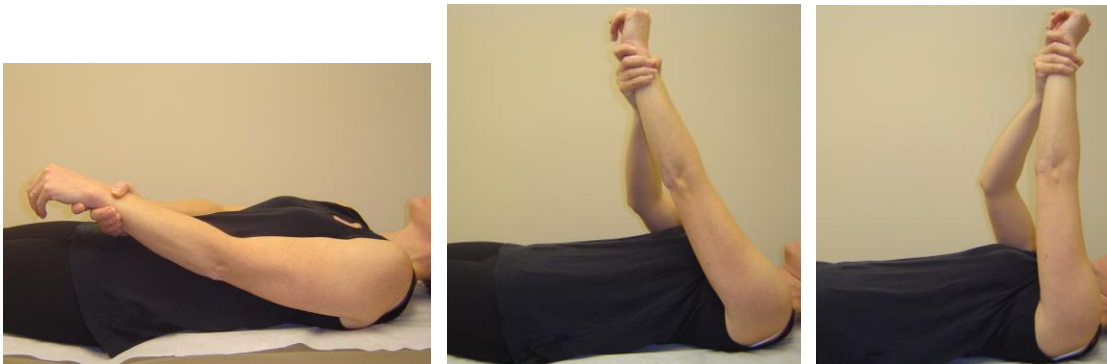
Perform sets of 10 repetitions, 4 times a day.

1. Pendulum



Bend forward at the waist and let the affected arm hang freely toward the floor. Support the upper body on a table, countertop, or chair back with the other arm. Begin to sway back and forth, generating small circles with the dangling arm.

2. Straight Arm Raise (Passive Supine Elevation)



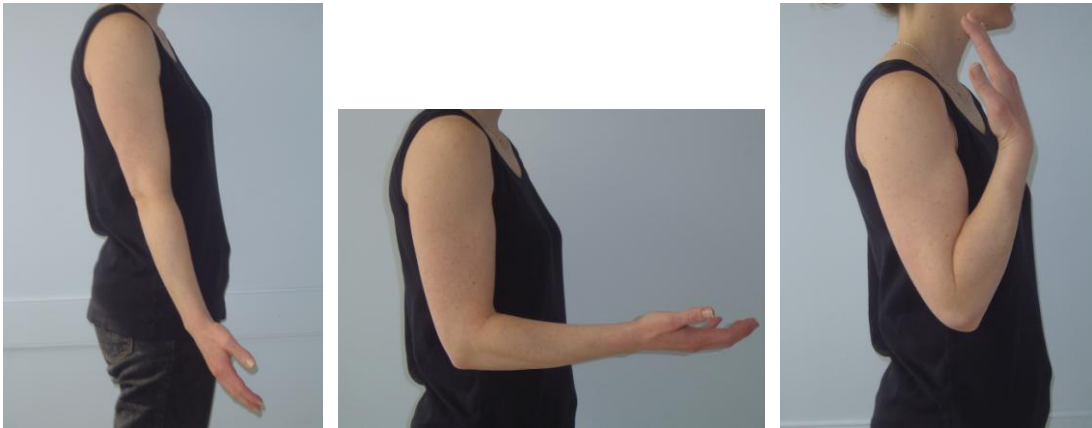
Lie down on a flat surface with your surgical arm at your side. With your unaffected arm, grasp the wrist of your affected arm. Use your good arm to gently lift the surgical arm. Keep your affected arm straight and let the good arm do all the lifting.

3. Passive External Rotation



Have your arm at your side with your elbow bent at 90° creating an “L” shaped position with your arm. Have someone firmly hold the elbow stationary on your surgical arm as well as your hand or wrist. They will gently rotate your lower arm in an outward direction away from your body. DO NOT do this exercise by yourself.

4. Elbow Motion



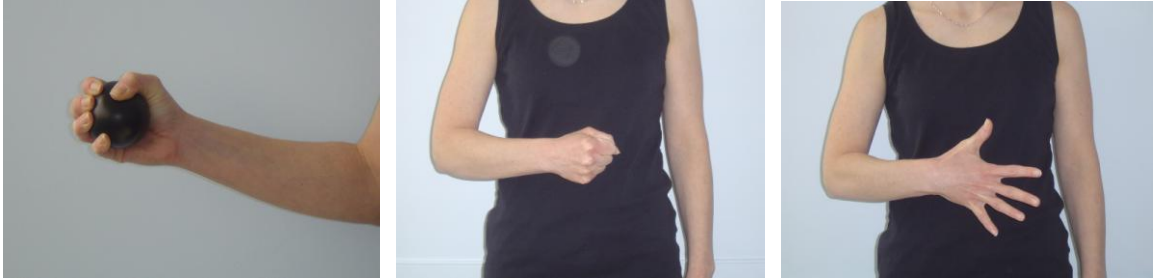
While standing with arm to your side. Extend your arm straight and then bend your elbow to touch your hand to your shoulder.

5. Wrist Motion



Move wrist up and down, (like waving goodbye) with elbow bent at 90 degrees.

6. Hand Motion



Squeeze rubber ball provided. Make a fist and then stretch your fingers all the way out.