
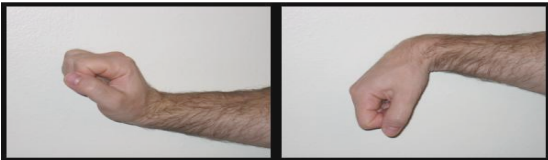



Post-Operative Shoulder Exercises

□ These exercises should be started at home during your first week postoperative.

	<p>Elbow Motion</p> <ul style="list-style-type: none"> • Remove the sling • With arm hanging at the side allow gravity to help the elbow to straighten as far as possible. • Then bend the elbow as far as possible. <ul style="list-style-type: none"> ○ Hold 10 seconds each direction. ○ Repeat 3 times. ○ Do 3 sessions a day.
	<p>Wrist Motion</p> <ul style="list-style-type: none"> • This exercise should be done with the sling on. • Gently move wrist up and down. <ul style="list-style-type: none"> ○ Hold 10 seconds each direction. ○ Repeat 10 times. ○ Do 3 sessions a day.
	<p>Hand Motion</p> <ul style="list-style-type: none"> • Practice moving fingers. • Squeeze a ball (such as a tennis ball). <ul style="list-style-type: none"> ○ Repeat 10 times. ○ Do 3 sessions a day.