
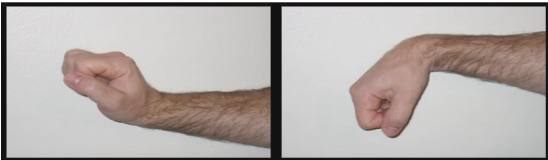
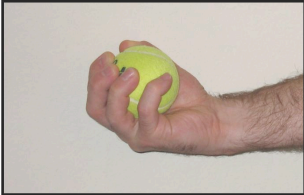


## Post-Operative Shoulder Exercises

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

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