

Greater Hartford Orthopedic Group, P.C.

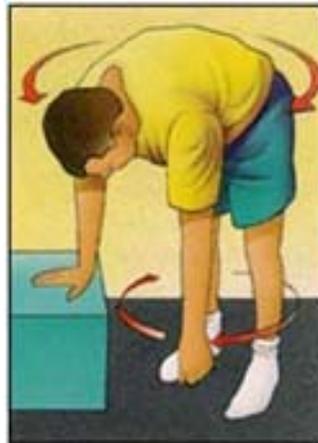
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Post-operative Shoulder Exercises

Following your shoulder surgery, it is very important to start basic stretching exercises. Most patients may begin these exercises as soon as the first day after your surgery, unless told otherwise by Dr. Kimmel.

Pendulum Exercises

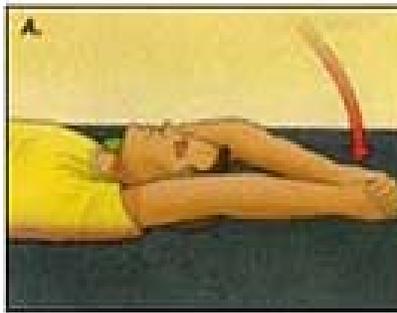
Bend forward 90 degrees at the waist. Use a table or chair for support and lean on the table with the non-surgery arm. Let your surgery arm hang straight down towards the ground. In a circular motion, move the arm clockwise 10 times, starting with small circles and gradually getting larger. Then do the exercise 10 times in the counterclockwise direction. Do 3 sessions daily.



Shoulder Flexion (Assistive)

Start by laying flat on your back. These exercises **MUST** be done laying down, **NOT** sitting up. Extend the surgery arm so it is straight, at your side. Take the non surgery hand, reach across your body and grasp the wrist of the surgery arm. Gently lift the wrist of the surgery arm up off the table. Let your non-surgery arm do **ALL** the work. Once you feel a pull in the surgery arm, gently lower the surgery arm down to its starting position. After some rest, try and lift the arm again to the same height using the same technique. The goal is to lift the arm to at least 90 degrees so your arm is perpendicular to the table or bed.

If this can be done pain free, try and lift the arm so it is past 90 degrees and above your head as demonstrated below:



Lift the arm 10 times. Do 3 sessions daily.

Walk Up Exercises

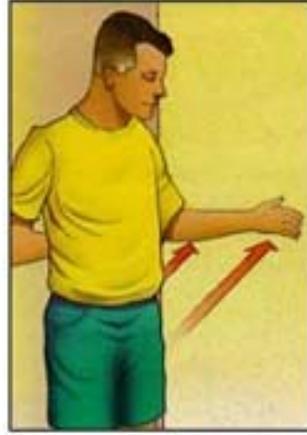
Start these exercises by standing facing a wall. Begin with your arm hanging at your side with your elbow straight. Use your fingers to “crawl” up the wall as far as possible until you feel a slight pull in your shoulder as demonstrated below:



Hold for 10 seconds. Repeat 3 times. Do 3 sessions daily.

Shoulder External Rotation (Isometric)

Stand with the surgery side of your body against a wall. Bend the elbow to 90 degrees. Push the arm into the wall, keeping the elbow bent as demonstrated below:



Hold for 5 seconds, and then relax. Repeat 10 times. Do 3 sessions daily.

Shoulder Internal Rotation (Isometric)

Stand at a corner of a wall or door frame. Place the surgery arm against the wall around the corner, bending your elbow to 90 degrees. Push your arm into the wall as demonstrated below:



Hold for 5 seconds, and then relax. Repeat 10 times. Do 3 sessions daily.