



Postop Shoulder Exercises

Adapted from Craig Mauro, MD & James Bradley, MD

Exercises - Starting the day after shoulder surgery, exercises are to be done **3-4 times a day, 15 repetitions each**. The sling may or may not need to be removed to exercise (depending on the brand).

1. **Wrist** - Move your wrist up and down (like waving goodbye) with your elbow bent at 90 degrees. Repeat.



2. **Elbow** - While standing, place your operative arm at your side with your palm facing outward. Bend your elbow and touch your hand to your shoulder. Repeat.





- 3. Shoulder** - Place the hand of your non-operative arm on your opposite elbow to keep your elbow at your side. Bend the elbow of your operative arm to 90 degrees. Move the hand of your operative arm left and right in front of you parallel to the floor (like the movement of a windshield wiper). Repeat.



- 4. Hand** - Squeeze the rubber ball provided. Make a fist and then stretch your fingers all the way out. Repeat.





5. **Shoulder** - Place your operative arm at your side. Bend your elbow to 90 degrees. Have someone support your elbow and wrist. He or she will slowly move your forearm upward and away from your body until your elbow is **no higher** than your shoulder. He or she will then slowly return the arm to your side. Repeat.

