

POST-OP SHOULDER EXERCISE

Created by Banner Sports Medicine Dec 12th, 2023

View at www.my-exercise-code.com using code: Q4TYRNV



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9 Exercises

COMMENTS:

Please remove your sling for hygiene and exercises only. Repeat each exercise 10-12 times and repeat 4 times per day.

HAND PUMPS

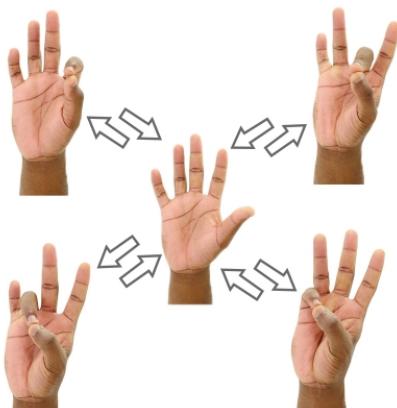


Hold your hand up as shown. Open and close your hand into a fist and repeat. If you cannot make a full fist, then make a partial fist. This can help with reducing swelling and stiffness.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day



THUMB OPPOSITION COMBO

Start with an open palm and fingers extended.

Next, touch the tips of the first and second fingers. Then return to open palm.

Next, touch the tips of the first and third fingers, etc until all fingers have performed as shown.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day



WRIST EXTENSION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day



WRIST FLEXION - AROM - THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day



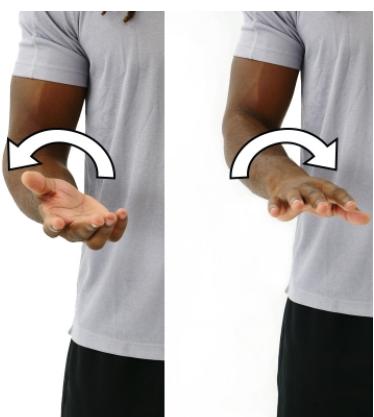
ELBOW FLEXION EXTENSION

Start with your arm at your side. Bend at your elbow to raise your forearm/hand upwards as shown. Then return to starting position and repeat.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day



ELBOW 90 - PRONATION SUPINATION

Bend your elbow to 90 degrees as shown. Begin by rotating your forearm so the palm of your hand is facing upwards and then rotate your forearm the opposite direction so that your palm is facing downward.

Repeat 10 Times

Complete 2 Sets

Perform 4 Times a Day

PENDULUM FORWARD BACK - CODMAN



Duration 30 Seconds

Complete 2 Sets

Perform 4 Times a Day

PENDULUM LATERAL - CODMAN



Duration 30 Seconds

Complete 2 Sets

Perform 4 Times a Day

PENDULUM CIRCLES - CODMAN



Duration 30 Seconds

Complete 2 Sets

Perform 4 Times a Day