

Shoulder Post - Op Exercises

Regular exercise to restore your shoulder mobility and strength and a gradual return to everyday activities are important for your full recovery. You will be instructed in an exercise program during your initial post-operative therapy visit at ISMI.

Our 2 primary goals initially post-operatively are:

- 1. Prevent elbow stiffness**
- 2. Minimize shoulder joint stiffness**

It is recommended that you start the following exercises the day of surgery – OR – as soon as your block wears off.

PENDULUM EXERCISE:

Bend over at the waist and let your arm relax completely. Slowly move your body in small circles as illustrated. **Let the momentum of the body cause the arm movement. DO NOT use your own shoulder muscles to move the arm.**

Perform for 1-2 minutes 4 or more times per day.



ELBOW STRAIGHTENING

While sitting in a supportive chair, with the arm supported by the sling or the chair, gently remove your arm from the sling and allow the elbow to relax and straighten. **Use your other hand to support the forearm. Do Not Actively Move Your Arm. Use Your Good Arm For Assistance.**

ICE after exercise

After you have completed the exercises, run your cold therapy unit OR put ice on the shoulder for 15-20 minutes. Support your upper extremity with the sling or a pillow.

Ice your shoulder any time you notice increased pain or swelling.