

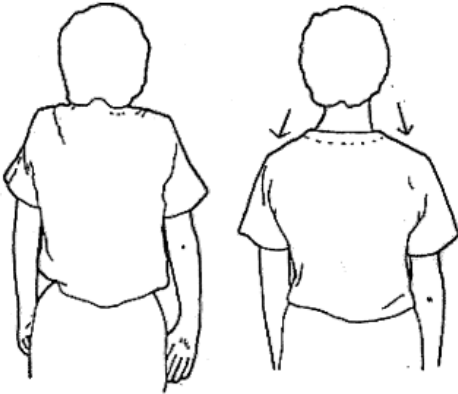


Initial Postoperative Shoulder Exercises



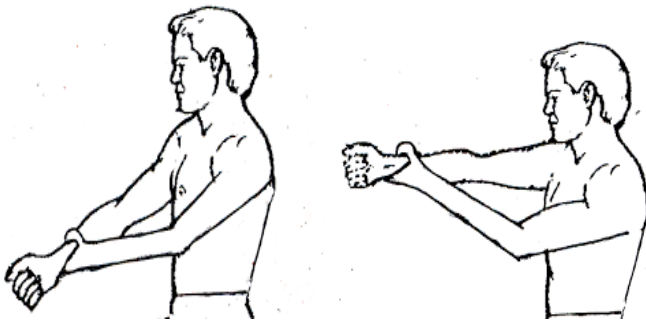
Exercise #1 – Pendulum

Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down without using the shoulder muscles. Swing the arm in a small circle using your body. The circle should be about a foot in diameter. Perform 10 revolutions in each direction, twice a day.



Exercise #2 – shoulder shrug

Shoulder shrug exercises are performed with the arms in a resting position. Elbows may be bent or straight and the shoulders are then elevated toward your ears and then allowed to return back to the resting position. Perform 10 times, twice a day.

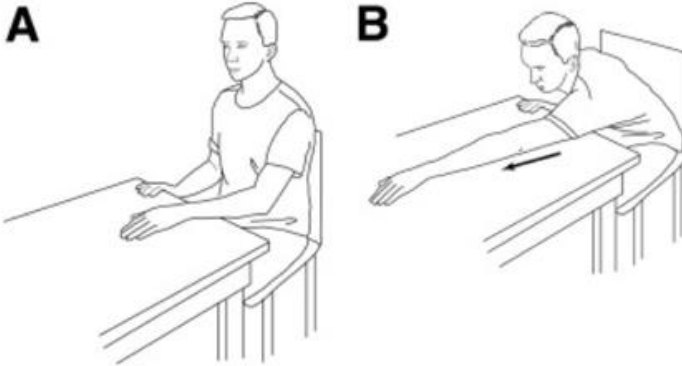


Exercise #3 – assisted forward flexion

Use the good arm to lift the affected arm to chin level. Ensure that the affected arm remains non-active and the good arm does all the lifting. Perform 10 times, twice a day, begin on day 10.



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Exercise #4 – Table Slides

Gently place the hand on a table and lean forward slowly to stretch the shoulder. Be careful not to overstretch. You should not feel pain with this exercise.

These exercises can begin the day after surgery or PRP injection. It is important the operative shoulder remains passive or relaxed during these exercises to protect the rotator cuff. The rotator cuff heals very slowly and must be protected during this time.