

Shoulder Exercises

Only Do The Exercises Indicated

By Your Surgeon
T.J. Panek, MD

SHOULDER PENDULUM:

- Assume the position show, letting involved arm hang relaxed.
- Sway your whole body slowly to move the arm forward and backward.
- Do not let the arm tense up – use only your body movement to begin the motion.
- Repeat with the arm moving side to side.
- Repeat with the arm moving in circular patterns, clockwise and counterclockwise.

Repeat 8-10 repetition(s)/minutes

Do 4-5 session(s)/day



ACTIVE ASSISTED SHOULDER FLEXION:

- Stand with stick held in hand.
- Your involved hand should be on top of stick.
- Use uninvolved arm to push involved arm upward toward head until you feel a stretch.

Hold 2-3 seconds

Repeat 8-10 times

Do 4-5 session(s)/day



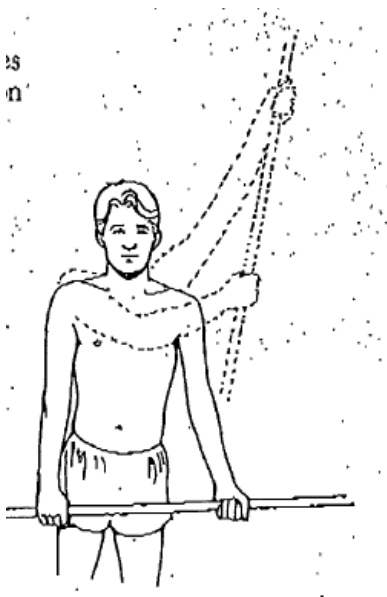
RANGE OF MOTION EXERCISES (WAND ACTIVITIES): ABDUCTION:

- Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch.

Hold 2-3 seconds

Repeat 8-10 times

Do 4-5 session(s)/day



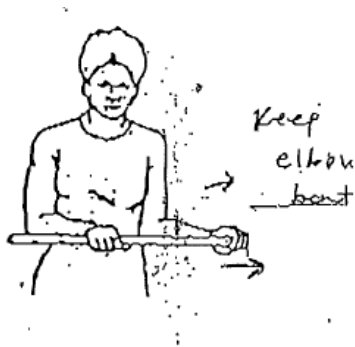
ACTIVE ASSISTED SHOULDER EXTERNAL ROTATION:

- Stand with elbows bent to 90 degrees, holding stick in front of you.
- Push the stick outward to rotate your involved hand and forearm out away from your body.
- Keep your elbow at your side.

Hold 8-10 seconds

Repeat 8-10 times

Do 4-5 session(s)/day



ACTIVE ASSISTIVE RANGE OF MOTION:

This range of motion is again performed with the aid of another device. The difference between active assistive range of motion and passive range of motion is that there is muscle contraction involved in active assistive range of motion. Your muscles have assistance when moving through motion... there may be slight pain, but it should be pretty comfortable. Active assistive range of motion allows slight strengthening and most importantly increases range of motion.