

## Post-Operative Shoulder Exercises

**Ryan W. Hess, MD**

Office: 763-302-2223 (Care Coordinator)

Fax: 763-302-2401

After shoulder surgery, Physical Therapy (PT) is often recommended as an important part of your recovery. However, beginning therapy may be delayed for some time after surgery to allow tissue to begin healing. During this time, there are some basic, simple exercises that can be helpful for keeping your shoulder and arm healthy, reducing pain and avoiding stiffness. In most cases, Dr. Hess would like your sling to remain in place most of the time.

This is to protect healing tissues and also as a signal to others around you to give you some extra space.

- Utilizing these exercises regularly will help in your recovery from surgery
- If you have questions or concerns, please contact our office
- Your sling may be removed 3-4 times per day to perform the below exercises:

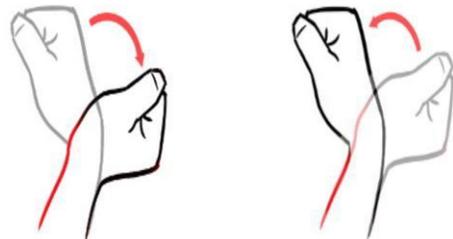
### **Elbow Flexion/Extension**

- Gently flex and extend your elbow
- You may use your other hand for assistance
- Try to get the arm fully straight and fully bent
- Repeat 10-15 times



### **Wrist Flexion/Extension**

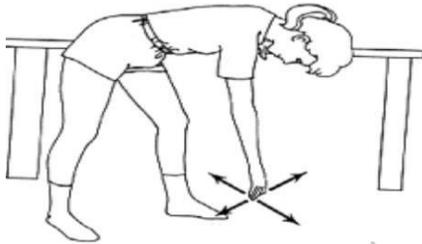
- Gently flex and extend your wrist
- You may use your other hand for assistance
- Open and close your fist as well
- Repeat 10-15 times



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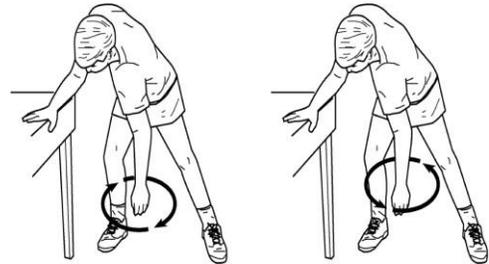
### Pendulum Exercises

- ❑ Bend over with your surgical arm dangling toward the floor. Let your arm hang freely
- ❑ Gently swing the arm back and forth and side-to-side
- ❑ Repeat 10-15 times each direction



### Codman's Exercises

- Similar to pendulum exercises above, bend over with your surgical arm toward the floor
- Gently swing the arm in a circular motion, first in one direction, then the other
- Repeat 10-15 times each direction



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***Need a visual? Scan the QR code to watch helpful patient education videos:***

**Shoulder Sling Instructions**



**Shoulder Post-Op Exercises**

