

SHOULDER POST OPERATIVE EXERCISES

HAND - 17 Active Range of Motion
Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.
Repeat _____ times. Do _____ sessions per day.

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HAND - 39
Elbow Flexion and Extension: Active Range of Motion



With palm either UP DOWN THUMBSIDE UP gently bend elbow as far as possible. Hold _____ seconds. Straighten arm back out as far as possible.

Repeat _____ Repetitions/set. Do _____ Sets/session.

Do _____ Sessions/day.

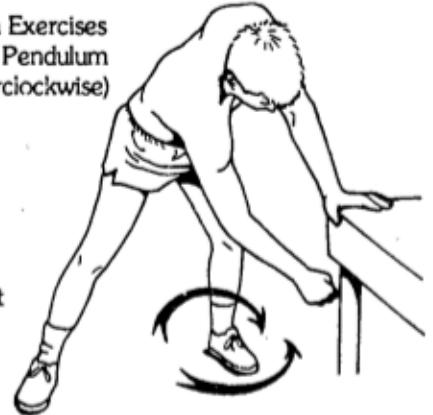
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SHOULDER - 26
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat _____ times.

Do _____ sessions per day.

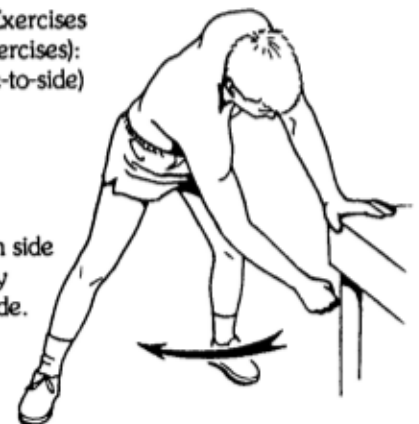


SHOULDER - 25
Range of Motion Exercises
(Codman's Exercises):
Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat _____ times.

Do _____ sessions per day.



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