

## POST-OP SHOULDER CARE

### SLING OR IMMOBILIZER

- MAY BE REMOVED FOR EXERCISE SESSIONS
- DEPENDING ON SURGERY, MAY BE WORN 3-6 WEEKS

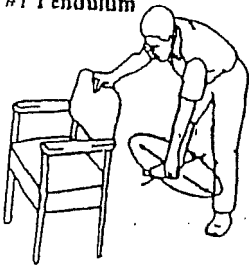
PRECAUTIONS!!! DO NOT USE YOUR ARM FOR ANY OTHER ACTIVITY EXCEPT FOR EXERCISES. IT IS VERY IMPORTANT THAT YOU DO NOT ATTEMPT TO LIFT, PUSH, PULL OR CARRY ANYTHING AT THIS TIME!

SURGERY TYPE; (Dr. or staff should check off appropriate surgery)

- \_\_\_ ROTATOR CUFF REPAIR, ACROMIOPLASTY AND MUMFORD – do all exercises except #2
- \_\_\_ BANKART – do all exercises except #2 and #3
- \_\_\_ BICEPS TENODESIS – do all exercises except #2 and #5 (do with assist only)
- \_\_\_ SLAP REPAIR – do all exercises except #2, #3 and #5

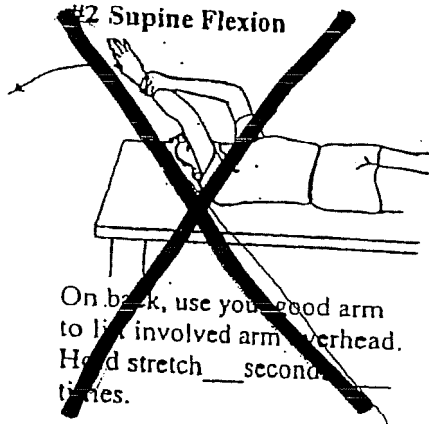
EXERCISES SHOULD BE DONE UP TO 6 TIMES THOUGHOUT THE DAY

#1 Pendulum



With your arm relaxed, use your body or stick to move arm. Move in all directions 10 times each.

#2 Supine Flexion



On back, use your good arm to lift involved arm overhead. Hold stretch 2 seconds 10 times.

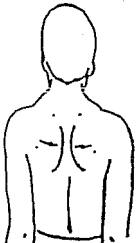
#3 External Rotation

Use uninvolved arm to push involved arm away from stomach until hand is even with shoulder.



Repeat 5-10 times

#4 Scapular Pinch



With arms at sides, pinch shoulder blades together, Hold 2 seconds, 10 times.

#5 Elbow Curls



Bend and straighten elbow, full motion, 10 times.

#6 Cervical Motion



Bend ear toward shoulder, hold gentle stretch. Repeat other side, 10 times each.