

POST-OPERATIVE SHOULDER CARE

Bracing: Immobilizer or brace may be removed for exercise sessions. Depending on surgery, may be worn 3-6 weeks.

Precautions: DO NOT use your arm for any activity except for exercise. It is very important that you do not attempt to lift, push, pull, or carry anything at this time.

Exercises: Should be done 6 times daily throughout the day.

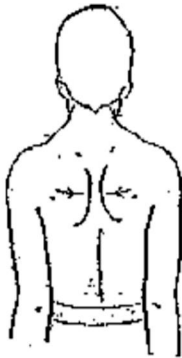
- 1) Pendulum - With your involved arm relaxed, rock body back and forth to move arm in small circles. If difficulty moving your arm, use stick or dowel to move involved arm in small circles. Use support during these activities. 10 repetitions clockwise and 10 repetitions counter clockwise.



or



- 2) Scapular Pinch - With arms at sides, pinch your shoulder blades together. Repeat 10 repetitions.



- 3) Passive External Rotation Stretch - With your involved elbow at side, grasp wrist with good hand. Push involved hand away from trunk, keeping involved elbow at side. Stop when involved hand is straight ahead and hold for 5 seconds, 5 repetitions.



- 4) Elbow Curls - Bend and straighten your involved elbow through full range of motion. If instructed or painful, use good arm to assist this motion. Repeat 10 repetitions.

Unassisted



Assisted



IF YOU HAD A SHOULDER BLOCK-MUST WAIT UNTIL WORN OFF-feeling and motion returns

MAKE SURE PAIN UNDER CONTROL

TRY TO RELAX

START WITH 2 TIMES A DAY AS PAIN ALLOWS- SMALL RANGE OF MOTION

REPETITION AS PAIN ALLOWS YOU

CLAVICLE (collar bone) FRACTURE OR HARDWARE REMOVAL: only do #1 and #4