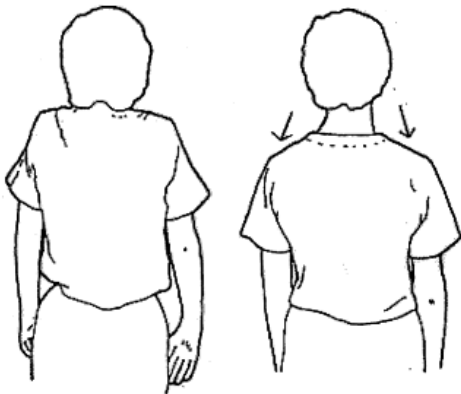


## Initial Post Operative Shoulder Exercises



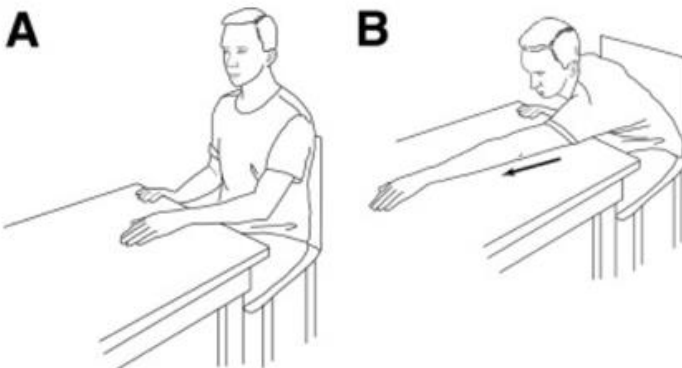
### **Exercise #1 – Pendulums**

Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down without using the shoulder muscles. Swing the arm in a small circle using your body. The circle should be about a foot in diameter. Perform 10 revolutions in each direction, twice a day.



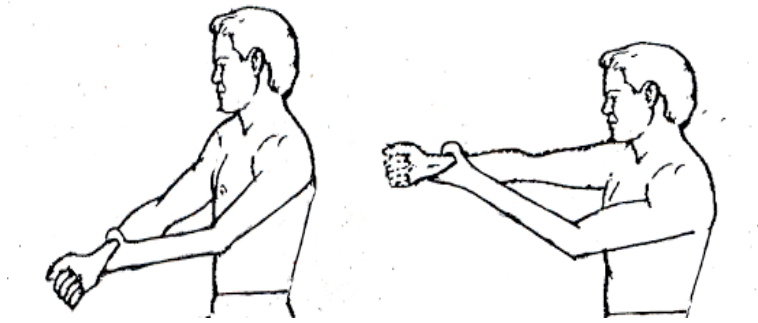
### **Exercise #2 – Shoulder Shrugs**

Shoulder shrug exercises are performed with the arms in a resting position. Elbows may be bent or straight and the shoulders are then elevated toward your ears and then allowed to return back to the resting position. Perform 10 times, twice a day.



### **Exercise #3 – Table Slides**

Gently place the hand on a table and lean forward slowly to stretch the shoulder. It may be easier to keep the hand stationary and simply step or lean back. Be careful not to overstretch. You should not feel pain with this exercise.



#### Exercise #4 – Assisted Forward Flexion

Use the good arm to lift the affected arm to chin level. Ensure that the affected arm remains non-active and the good arm does all the lifting. Perform 10 times, twice a day, **begin on day 10**.

Most of the above exercises can begin the day after surgery or PRP injection. It is important that the operative shoulder **remains passive or relaxed** during these exercises to protect the rotator cuff and/or shoulder repair. The rotator cuff heals very slowly and must be protected during this time.