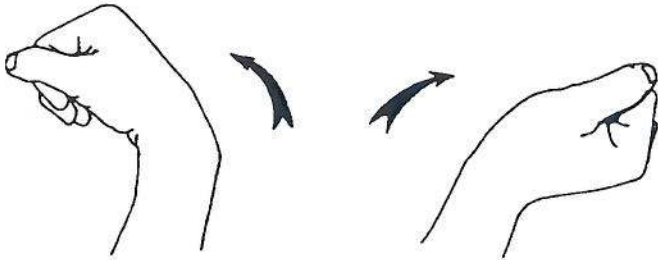


SHOULDER POST OPERATIVE EXERCISES

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 - 8
Range of Motion Exercises
(Self-stretching activities):
Flexion(alternate)

Slide arm up wall with palm toward you by moving closer to wall.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



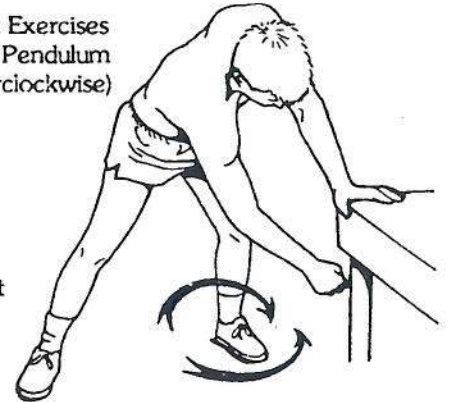
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SHOULDER - 26
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

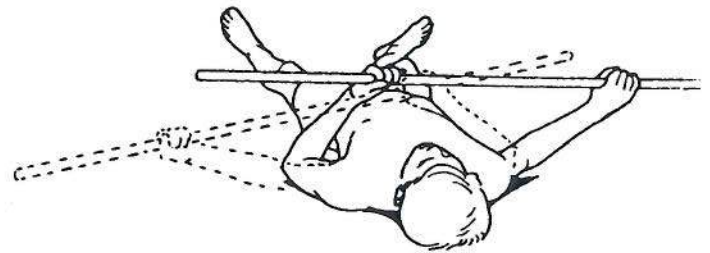
Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat _____ times.

Do _____ sessions per day.



SHOULDER - 3 Range of Motion Exercises
(Wand activities): External/Internal Rotation



Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

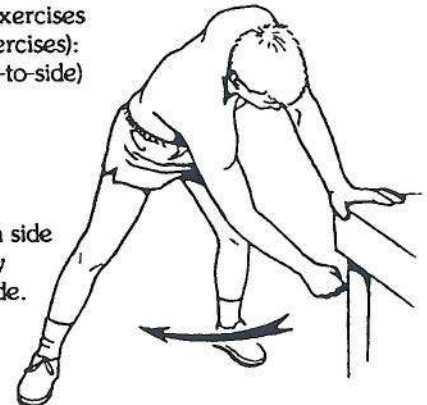
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SHOULDER - 25
Range of Motion Exercises
(Codman's Exercises):
Pendulum (side-to-side)

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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