

Please follow these instructions to reduce your pain and help your shoulder heal after surgery or injury. Your physical therapist will show you which exercises to do and how often to hold or repeat each one.

1. Proper use of sling

If your doctor has issued you a sling, it is very important to use it as prescribed to protect your shoulder.

2. Ice

Use ice regularly to decrease pain and swelling. It can be very helpful after exercise. Apply ice to your shoulder for 10 to 15 minutes, every 2 to 3 hours.

3. Medication

It is very important to take your medication as prescribed by your doctor. Pain medication will allow you to tolerate your exercise program and aid in your overall recovery.

4. Sleeping position

After surgery or a severe shoulder injury, it may be difficult to find a comfortable sleeping position. You may feel most comfortable sleeping in a recliner with a pillow under the arm of the affected shoulder.

5. Gentle exercise

After surgery or injury, it is important to keep your arm moving as much as possible. When your shoulder is painful, you can do some movements of the shoulder, elbow, wrist, and hand to keep the blood flowing and to decrease joint stiffness. Start with the following exercises. All of these exercises, except the Shoulder Pendulum, can be done in or out of the sling. If your symptoms feel worse with any exercise, check with your physical therapist or your doctor.

☐ Shoulder Blade Setting

Start with arms relaxed at sides; rotate palms forwards squeezing shoulder blades back and down. Hold 2 sec.

Frequency _____



☐ Shoulder Clock

Start with arms relaxed at sides. Imagine the face of a clock on the side of your shoulder. Raise shoulders toward ears (12 o'clock), hold 2 seconds, then rotate shoulders back and down (9 o'clock), hold 2 seconds. Slowly return to start position.

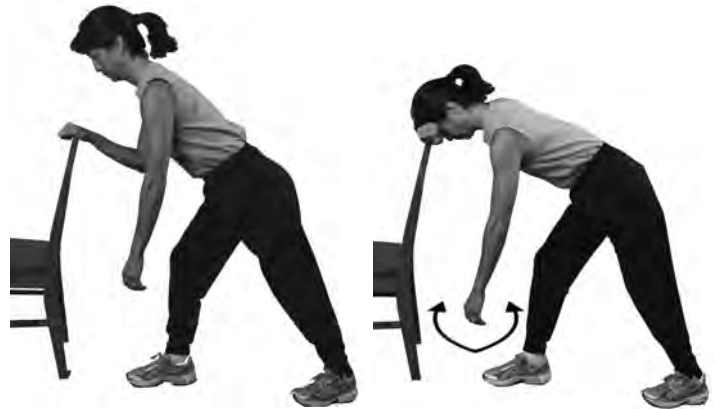
Frequency _____

Additional Instructions:

□ Shoulder Pendulum

Remove sling for this exercise. Bend forward at your hips allowing your arm to dangle freely. Use a chair for support. Rock from your back to your front foot. Let arm move in a circle, first clockwise, then counterclockwise. If comfort permits, bend forward more, resting your forehead on your unaffected arm.

Frequency _____



□ Elbow Bending and Straightening

Clasp your hands (as shown). Bend your elbows as far as you can. Hold this position for 2 seconds. Then straighten your elbows all of the way, keeping hands clasped. Hold this position for 2 seconds. Repeat bending and straightening.

Frequency _____

□ Wrist Bending and Straightening

Bend your wrist inward (as shown) as far as you can comfortably. Hold this position for 2 seconds. Then bend your wrist outward (as shown) and hold for 2 seconds. Repeat bending both ways.

Frequency _____



□ Forearm Rotation

Turn your palm all the way up. Hold this position for 2 seconds. Then turn your palm all the way down. Repeat turning in both directions.

Frequency _____

Additional Instructions: