



ORTHOPEDIC SPECIALISTS

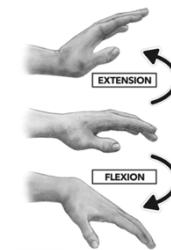
Rehabilitation Stage 1 – Healing Phase (0-6 weeks)

- Remain in the shoulder immobilizer at all times for the first 6 weeks following surgery
- The immobilizer can be removed when bathing, dressing, or performing exercises
 - When bathing, ensure the shoulder/arm remains close to the body
 - When dressing: button-up shirts can be helpful, or if wearing a regular T-shirt, first put the surgical arm through the sleeve with the arm hanging in the pendulum position, then straighten up and follow with your head, and then your other arm
- You may use your hand for activities immediately in front of you
 - Eating, drinking, shaving, brushing teeth, etc.
 - DO NOT EXTERNALLY ROTATE
 - DO NOT PRESS AGAINST YOUR CHEST

- 1) **Shoulder**- Pendulum Exercises – 3 Times per day – 25 clockwise/25 counter-clockwise
- i. Circles should be the size of a basketball
 - ii. Keep your arm at 90 degrees to the body for maximum stretch
 - iii. Keep your elbow **STRAIGHT** to stretch



- 2) **Elbow and Wrist** – 3 Times per day – 10 repetitions
- Elbow Flexion and Extension
 - i. With your arm at your side allow gravity to extend your elbow slowly
 - ii. Use the other arm to assist in bringing the elbow back to a flexed position
 - Wrist
 - i. Slowly flex and extend the wrist



- 3) **Hand** – 5 Times per day – 20 repetitions
- Gently open and fully close your hand
 - This will help decrease swelling by firing the muscles in your forearm and will keep your fingers flexible

