

These exercises should be done 10 times each, 3 times per day, beginning on postoperative day #1. Taking your pain medication 20-30 minutes before doing the exercises is helpful in easing discomfort. Apply ice pack after exercises.

ELBOW RANGE OF MOTION:

Remove the sling. With your arm bent at the elbow and resting against your body as though still in the sling, bend and straighten the arm as if you were brushing something off your stomach.

GRIP STRENGTHENING:

With arm in sling, grip a rubber ball, old tennis ball, wire grip strengthener, or some other similar device. Hold for 5 seconds and release.

SCAPULAR TIGHTENING:

With arms at your side or bent in front of you, pull your shoulder blades together. Hold for 3 seconds.

SHOULDER RANGE OF MOTION:

1) While lying flat in bed, grasp the wrist on your operated arm with your other hand. Raise arm above head toward headboard. Use your un-operated arm to support the operated arm throughout the exercise. Hold until you feel discomfort and then relax. Begin slowly and attempt to gain a little more motion each day. You may also use pulleys for this exercise.

2) Pendulums: Lean forward and let arm gently swing forward and backward and side to side. This can be done with the sling on or off.