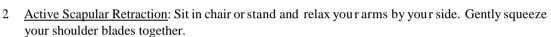
## STEPHAN J. SWEET, M.D., M.P.H. A Professional Corporation Sports Medicine, Arthroscopy, & General Orthopedic Surgery

## POST OPERATIVE SHOULDER EXERCISE PROGRAM

 Active Assistive External Rotation: Stand with your elbow/upper arm against a small towel. Keep your elbow near your side. Using your non-operated arm, rotate your palm away from your stomach. Bring your palm to a neutral position (picture 2) Range of Motion limitations: 0 DEGREES, ARM STRAIGHT IN FRONT



Perform 10 repetitions 2 times per day Hold each repetition for 3 seconds.



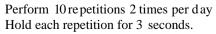




Perform 10 repetitions 2 times per day Hold each repetition for 3 seconds.

3 <u>Active Assistive Shoulder Abduction in the Scapular Plane:</u> Sit on a chair with your back supported. Keep your elbow out to the side. Using your non-operated arm, lift your operated arm up to as tolerated and slowly lower back down. The goal is to raise your elbow up to shoulder level









4 Elbow and Hand range of motion twice a day out of the sling (no picture for this exercise, simply open and close the hand, bend and straighten the elbow).

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