



## Acute Post-Operative Shoulder Exercises

### **Codman's Pendulum:**

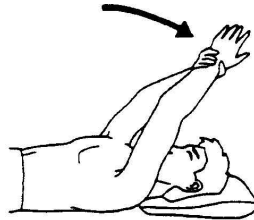
(10 - 15 minutes, 3 - 4 times per day)



- Using a table for support, bend your body forward to 90 degrees at your waist.
- Rock your body to move your arm in a circular pattern, both clockwise and counter clockwise (10 times each direction).
- Be aware of any range of motion precautions set forth by your doctor.

### **Supine Forward Flexion Active Assistive:**

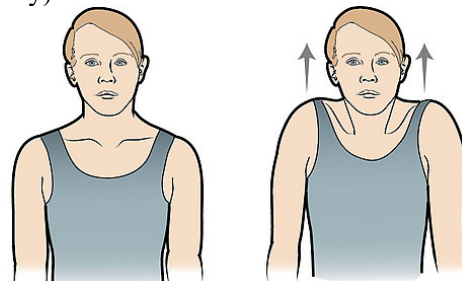
(10 - 15 minutes, 3 - 4 times per day)



- Using uninvolved arm, grasp involved wrist and lift arm in a pain-free range (keep elbows as straight as possible).
- Be aware of any range of motion precautions set forth by your doctor.

### **Shoulder Shrugs:**

(10 - 15 minutes, 3 - 4 times per day)



- While your arm is in sling, shrug your shoulders in a controlled manner up and down and circularly forward and backwards.
- If more than minimal discomfort is felt or sharp pain/pinching across your shoulder is present, STOP!

If you have any questions about the exercises, please contact either of our offices and ask for:

Jason Pinho, LAT/C

Greenwich Office: (203) 863-2003  
New York Office: (212) 876-5200