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Shoulder Surgery Post-Op Exercises

Aim to perform each exercise twice a day (2-3 sets, 10-12 reps each set) in 1st 1-2 weeks.

Perform at home in between weekly therapy sessions.

Passive Supine Forward Elevation

Lie on your back (on bed or couch). Grip wrist of operative arm, using non-operative hand (keep elbow in slightly bent, comfortable position). Now passively raise your arm slowly towards above head using the non-op hand. Aim for 90° by 2-3 weeks, 120° by 4 weeks and full motion by 6 weeks.



Pendulum Exercises

Hold onto chair back with non-op hand and lean forward. Let operative arm dangle, use body/momentum to swing arm back and forth, clockwise and counterclockwise.



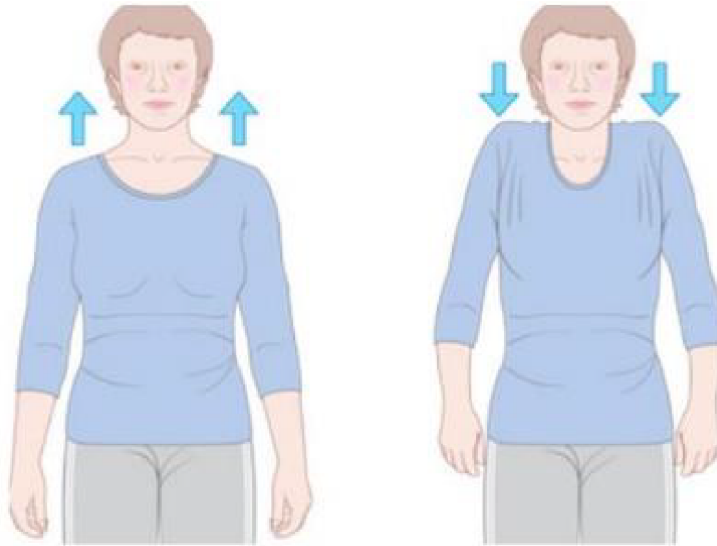
Passive Elbow Flexion

Using hand of non-operative extremity, grab wrist of operative arm. Slowly flex and bend your elbow up and back down using non-operative hand.



Shoulder Shrugs

Shrug shoulders up, back and down in a large, slow circular motion



Range of motion of Wrist, Hand, Fingers

Move wrist up & down, open & close fist (can use squeeze ball)