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Shoulder Surgery Exercise Guide

Regular exercises to restore your normal shoulder motion and flexibility and a gradual return to everyday work and recreational activities are important for your full recovery.

Your orthopaedic surgeon and physical therapist may recommend that you exercise from 10 to 15 minutes 2 or 3 times a day during your early recovery period. They may suggest some of the following exercises.

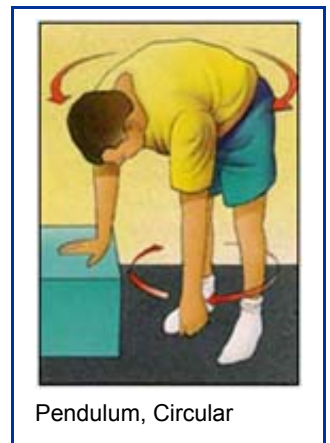
This guide can help you better understand your exercise and activity program.

Pendulum, Circular

Bend forward 90 degrees at the waist, using a table for support.

Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.

Do 3 sessions a day.



Shoulder Flexion (Assistive)

Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible.

Repeat 10 to 20 times.

Do 3 sessions a day.

