



PATIENT INSTRUCTIONS · BEGIN POST-OP DAY 1

POST-OP SHOULDER HOME EXERCISE PROGRAM

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These exercises begin the day after your surgery and protect your shoulder while keeping your elbow, wrist, and hand moving. Your operative arm stays relaxed throughout—let gravity and your body weight do the work rather than using your shoulder muscles.

HOW TO USE THIS PROGRAM

- ◆ Complete the full program **two times a day** unless told otherwise.
- ◆ Stay in your sling except while performing these exercises.
- ◆ Move slowly and stop short of sharp pain.
- ◆ Bring this sheet to your first post-operative visit.

AT A GLANCE

BEGIN

Post-Operative Day 1

FREQUENCY

2 times a day

EXERCISES

9 total · pendulums, scapula, elbow, wrist & grip

SLING

Worn at all times except during exercises

QUESTIONS

615-936-7846

PENDULUM & SCAPULAR EXERCISES



EXERCISE 01

PENDULUM CIRCLES — CODMAN

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

DURATION **15 Seconds**

COMPLETE **1 Set**

PERFORM **2× a Day**



EXERCISE 02

PENDULUM FORWARD & BACK — CODMAN

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

DURATION **15 Seconds**

COMPLETE **1 Set**

PERFORM **2× a Day**



EXERCISE 03

PENDULUM LATERAL — CODMAN

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

DURATION **15 Seconds**

COMPLETE **1 Set**

PERFORM **2× a Day**



EXERCISE 04

SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, relax and repeat.

REPEAT **10 Times**

HOLD **3 Seconds**

COMPLETE **2 Sets**

PERFORM **2× a Day**

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ELBOW, WRIST & HAND EXERCISES

Keeping the joints below your shoulder moving prevents stiffness and swelling while your repair heals. Your shoulder stays still for all of these—keep your elbow at your side and your upper arm quiet.



EXERCISE 05

ELBOW FLEXION & EXTENSION

Start with your arm at your side. Bend at your elbow to raise your forearm and hand upwards as shown. Then return to the starting position and repeat.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 06

WRIST EXTENSION — AROM ON THIGH

Rest your arm on your thigh and bend at your wrist up and down with your palm face down as shown. Return to the original position and repeat.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 07

WRIST RADIAL DEVIATION — AROM

Rest your arm on your thigh with your thumb in the upward position. Bend at your wrist up and down and repeat.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 08

WRIST SUPINATION & PRONATION — FULL

Rotate your hand and forearm so that the palm of your hand points downward and then rotate it to point upward. Repeat. Keep your elbow bent and by the side of your body.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day



EXERCISE 09

TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

REPEAT	10 Times
HOLD	3 Seconds
COMPLETE	2 Sets
PERFORM	2× a Day

QUESTIONS ABOUT YOUR RECOVERY?

Call the office with any questions about your exercises, your sling, or your incision. Bring this sheet with you to every post-operative visit.

OFFICE

615-936-7846

ONLINE

vumc.org/orthopaedics

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