



Rehab Stage 1 – Healing (0 to 6 weeks)

- The patient should remain in their shoulder immobilizer at all times for the first 6 weeks following their surgery.
- The only time the immobilizer should be removed is when the patient is bathing, dressing, or performing the below exercises.
- You may use hand for activities immediately in front of you
 - Eating, drinking, shaving, brushing teeth, etc.
 - DO NOT EXTERNALLY ROTATE
 - DO NOT PRESS AGAINST YOUR CHEST



1) Pendulum Exercises

- 3 times per day
 - 25 clockwise
 - 25 counter-clockwise
 - No larger than larger than the size of a basketball
 - Keep arm at 90 degree angle with the body



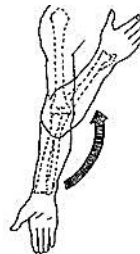
Additional Exercises -- When your arm is placed in a sling/immobilizer for an extended period of time, it is possible that your elbow, wrist and hand can become stiff. To minimize this risk, the following additional exercises can be done in addition to the pendulum shoulder exercises.

2) Wrist Flexion and Extension

Elbow EXTENSION ONLY

- Arm at your side
- Hand on your chest
- Slowly extend the elbow.
- Slowly flex and extend the wrist.

Elbow



Wrist



3) Stress Ball

Using a stress ball will help keep your hand flexible, as well as decrease swelling by firing the muscles in your forearm. This increases bloodflow and will help alleviate swelling.

