SHOULDER POST OPERATIVE EXERCISES

HAND - 17 Active Range of Motion
Wrist Flexion/Extension

Actively bend wrist forward then backward as far as you can.
Repeat_____times. Do_____sessions per day.

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HAND - 39
Elbow Flexion and Extension: Active Range of Motion

With palm either **UP** **DOWN** **THUMBSIDE UP** gently bend elbow as far as possible. Hold_____seconds. Straighten arm back out as far as possible.
Repeat_____Repetitions/set. Do_____Sets/session.
Do_____Sessions/day.

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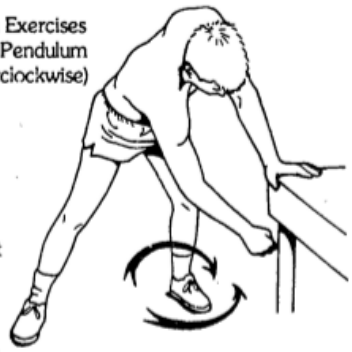
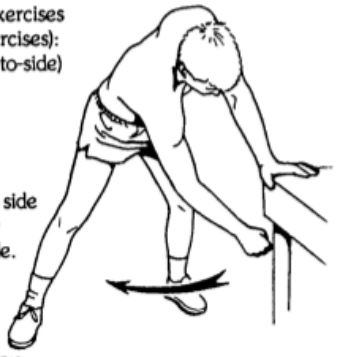
SHOULDER - 26
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)



Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat_____times.
Do_____sessions per day.

SHOULDER - 25
Range of Motion Exercises
(Codman's Exercises):
Pendulum (side-to-side)



Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat_____times.
Do_____sessions per day.

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