

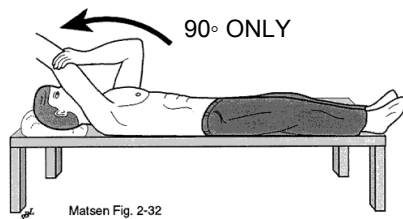
Dr Burrow Post-op Shoulder Exercises

As explained and shown IN HOSPITAL

STARTING TODAY

- Elbow, wrist and hand movements
- Exercises A and B (below)
- Deltoid exercises (below)
- Use arm out of sling
- Wear a sling ONLY when walking & sleeping
- Only lifting the weight of a mobile phone

A.



3 times daily: 10 reps, holding for 10 seconds
Always on your back
Lifting operated arm to 90° ONLY

3 times daily: 10 reps, holding for 10 seconds
Always on your back
Externally rotate operated arm with a stick to 20° or 0°, depending on your type of surgery

B.



DELTOID EXERCISES – 3 times daily; 10 reps, holding for 10 seconds



Isometric shoulder flexion

Pushing forward



Isometric shoulder extension

Pushing backward



Isometric shoulder abduction

Pushing gently out to side