

## DR ELRASHIDY'S POST-OP EXERCISES

### SHOULDER SURGERY

- Aim to perform each exercise twice a day (2-3 sets, 10-12 reps each set) in 1st 1-2 weeks
- Can also perform at home in between weekly therapy sessions.

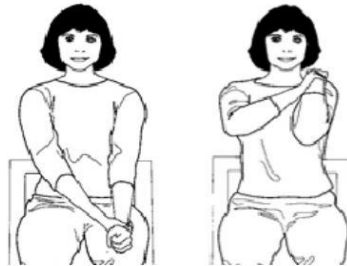
- 1) **Passive Supine Forward Elevation:** Lie on your back (on bed or couch). Grip wrist of operative arm, using non-operative hand (keep elbow in slightly bent, comfortable position). Now passively raise your arm slowly towards above head using the non-op hand. Aim for 90° by 2-3 weeks, 120° by 4 weeks and full motion by 6 weeks.



- 2) **Pendulum Exercises:** Hold onto chair back with non-op hand and lean forward. Let operative arm dangle, use body/momentum to swing arm back and forth, clockwise and counterclockwise.



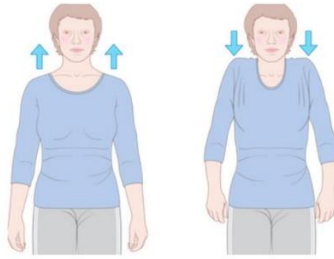
- 3) **Passive Elbow Flexion:** Using hand of non-operative extremity, grab wrist of operative arm. Slowly flex and bend your elbow up and back down using non-operative hand.



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- 4) Shoulder Shrugs: Shrug shoulders up, back and down in a large, slow circular motion



- 5) ROM of Wrist, Hand, Fingers: Move wrist up & down, open & close fist (can use squeeze ball)