

Post-Op Shoulder Home Exercises with Pendulums



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. Perform clockwise and counter clockwise

Complete 1 Set
Perform 3 Times a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 10 Times
Perform 3 Times a Day



Wrist Flexion and Extension AROM

Sit next to a table and place your arm so that your wrist crease is just over the edge of the table.

Start by bending down wrist down as far as you can while pointing fingers downward. Then, extend wrist upwards while simultaneously forming a fist. Return to starting position. Repeat.

Repeat 10 Times
Perform 3 Times a Day



ELBOW FLEXION EXTENSION STRETCH

Grasp your wrist and bend it upwards for a stretch and hold. Then, lower back down and stretch it straight and hold. Repeat.

Repeat 10 Times
Perform 3 Times a Day