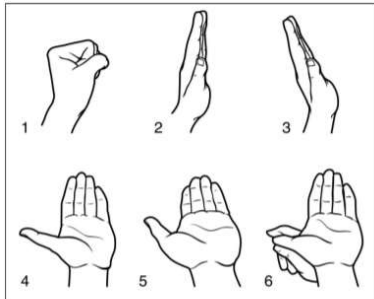


## Personal Home Exercise Program

Perform the following exercises as instructed. Do not cause pain.

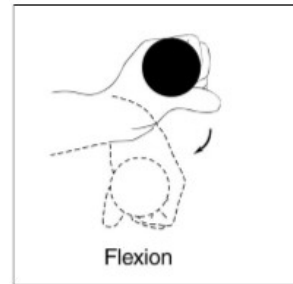


### Hand

Open and Close your hand.

Repeat 10 times 3 times/day

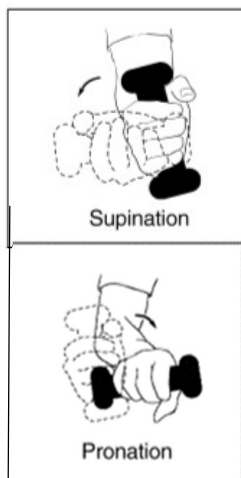
(Adapted with permission from Donatelli R, Wooden M (eds): Orthopaedic Physical Therapy. Philadelphia, PA, Elsevier.)



### Wrist

Move your wrist UP and DOWN.

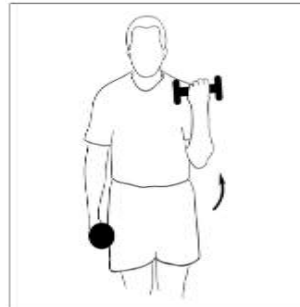
Repeat 10 times 3 times/day



### Forearm

With your elbow bent turn your forearm so you can see the back of your hand. Move your palm UP and DOWN.

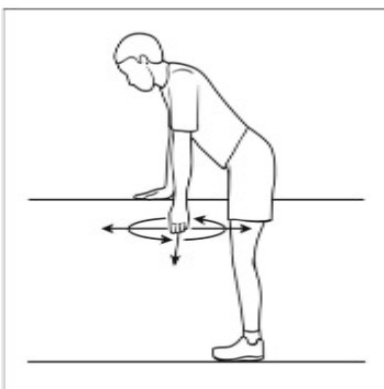
Repeat 10 times 3 times/day



### Elbow

Sit or lie down. Bend your elbow UP then straighten your elbow DOWN.

Repeat 10 times 3 times/day



### Pendulum

Stand and leaning on a table using your non-operated arm for balance. Let your operated hand relaxed straight down. Swing your operated arm to your left and to your right. Then gently make small circles.

Repeat 10 times 3 times/day

### \*\*Self-Care Tips\*\*

**Sleeping:** Sleep in a semi-reclined position in a recliner chair or in a bed with pillow to support the operated shoulder at rest.

**Dressing:** Put the operated shirt in first using a button down shirt. T-shirts are too difficult to wear. Avoid tight clothing and use elastic waist pants. The sling can be worn over clothing.

**Showering:** As directed by your surgeon.