
Phase I – Home Exercise Program

General Instructions

- You may come out of your sling to perform these exercises. I recommend icing your shoulder after completing these exercises
- Use the shoulder pendulum exercise position below to put on deodorant, clean under your arms in the shower, and to help dress by putting a shirt sleeve on the operative arm first
- Ball squeeze exercise can be performed more frequently to assist with swelling and edema within the arm/hand.

Exercises

PENDULUM CIRCLES - CODMAN



Lean forward and support yourself on a table. Allow your operative arm to hang free at your side. Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Duration 30 Seconds

Complete 1 Set

Perform 3 Times a Day

BALL SQUEEZE



With an elastic ball or rolled-up sock, firmly squeeze it in the palm of your hand.

This is very useful to help with swelling and edema in the arm/hand.

Repeat 30 Times

Complete 1 Set

Hold 1 Second

Perform 3 Times a Day



ELBOW FLEXION EXTENSION

Start with your arm at your side. Bend at your elbow to raise your forearm/hand upwards as shown. Then return to starting position and repeat.

Do this GENTLY and slowly. No weight should be in your hand.

Repeat 30 Times

Complete 1 Set

Perform 3 Times a Day



WRIST FLEXION & EXTENSION

Bend at your wrist up and down with your palm face up as shown. Return to original position and repeat.

Repeat 30 Times

Complete 1 Set

Perform 3 Times a Day