

## Dr. Anbari's Shoulder Post-operative Exercises

### HAND - 17 Active Range of Motion Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.  
Repeat 10 times. Do 3 sessions per day.

### HAND - 39 Elbow Flexion and Extension: Active Range of Motion



With palm either **UP DOWN THUMBSIDE UP** gently bend elbow as far as possible. Hold 10 seconds. Straighten arm back out as far as possible.  
Repeat 10 Repetitions/set. Do 3 Sets/session.  
Do 3 Sessions/day.

### SHOULDER - 8 Range of Motion Exercises (Self-stretching activities): Flexion(alternate)

Slide arm up wall with palm toward you by moving closer to wall.

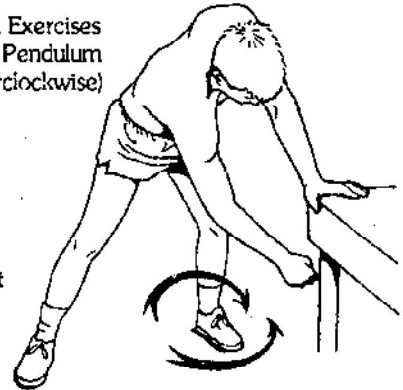
Hold 10 seconds.  
Repeat 3 times.  
Do 3 sessions per day.



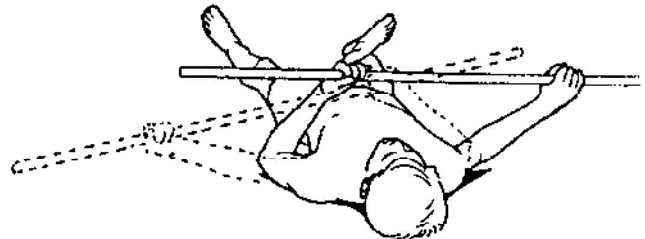
### SHOULDER - 26 Range of Motion Exercises (Codman's Exercises): Pendulum (Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat 10 times.  
Do 3 sessions per day.



### SHOULDER - 3 Range of Motion Exercises (Wand activities): External/Internal Rotation



Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent. Hold 10 seconds. Repeat 3 times.  
Do 3 sessions per day.

### SHOULDER - 25 Range of Motion Exercises (Codman's Exercises): Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat 10 times.  
Do 3 sessions per day.

