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Self-Directed Home Exercise Program Gentle Shoulder Exercises

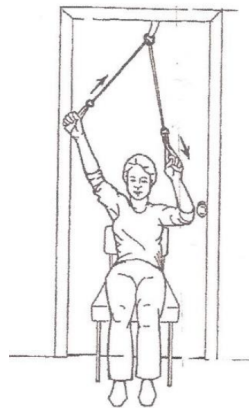
Introduction: This is a home exercise program used when gentle mobility of the shoulder is permitted but *active* or muscle-based voluntary use of the arm is not recommended. Under normal circumstances, when you use your arm, muscles and tendons pull on bones and move the joint, which can compromise your recovery. The primary objective here is *healing* in the sling, and these exercises should only be done with minimal pain; severe pain or pain that lingers after these exercises indicates risk of harm.

The goal is steady progression, and regular participation 2-3 times a day for 20 minute sessions. Sling may be removed for these exercises.

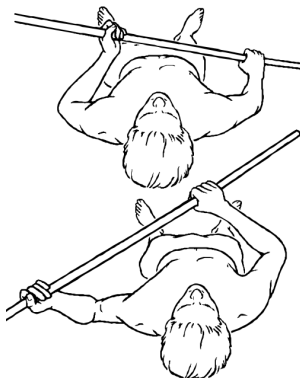
Modalities: It is recommended that heat and any anti-inflammatory medications be taken prior to exercises and ice after.



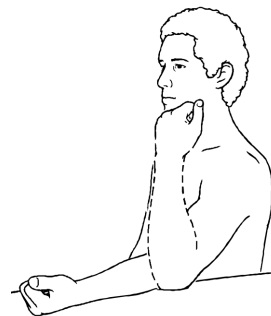
Pendulums: While standing or sitting, bend forward at the waist and allow the arm to hang loosely. Then softly rotate the arm clockwise and counterclockwise.



Pulleys: sitting in a chair with a pulley assembly as shown, hold the pulley handle on the injured side. Using the power of your good arm, gently lift the injured arm away from the body in a slow, controlled motion, without hiking the shoulder. This should be advanced slowly, without pain, and do not initially attempt getting the arm overhead.



External Rotation: Initially lying on your back and then sitting up as pain permits. Hold a stick or club with injured arm palm up and elbow tucked at your side, gently use the good arm to push the hand away from the body.



Elbow Motion: Initially sitting, then standing. With the shoulder completely relaxed, bend the elbow against gravity and then lower it fully straight.