

SHOULDER EXERCISES – PASSIVE – 3 X PER DAY

- To do the following exercises you must remove your brace.
- Do all of these exercise passively (ie. the unaffected arm does the work).
- Do these exercises for 6 weeks or until your doctor allows you to start moving the shoulder actively (ie. using your muscles).
- Use Ice regularly

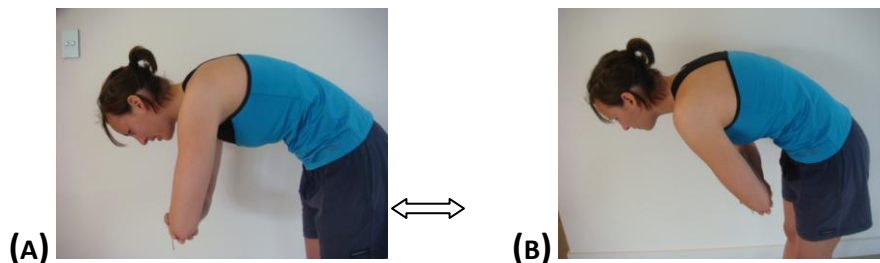
1. PENDULAR CIRCLES



Support operated arm as shown. Lean forward so your arm comes away from your body. Gently rotate shoulder clockwise and anti-clockwise.

2.

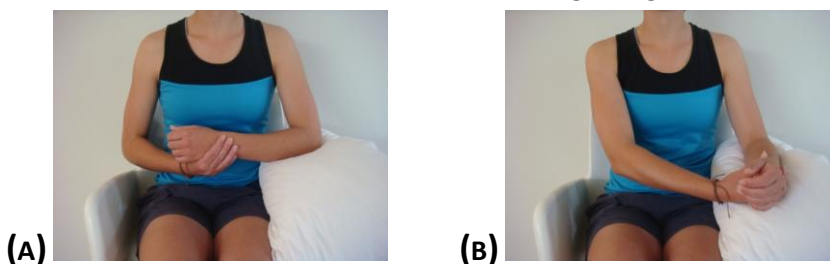
FORWARD ELEVATION



Support operated arm with other hand as shown. Lean forward. Use good arm to gently move operated arm forward and backward. (x10)

3.

EXTERNAL ROTATION



Sit with elbow supported and forearm supported and forearm resting as shown. Use your other hand to gently rotate forearm outwards to 90° and then return to starting position.

4. SHOULDER ELEVATION (DR MOSTERT ONLY)



(A) Set shoulder blades first

Use other arm to support operated arm as shown and gently lift. The UNOPERATED arm does ALL the work.

Hold 5 secs

Gradually work up to 90 degrees

Use good arm to lower operated arm

X10 reps

NECK EXERCISES – 5X PER DAY

ROTATION



Sit or stand with good posture, turn head to each side 5 times.

SIDE BENDING



Sit or stand with good posture. bend neck sideways 5 times each side

SCAPULAR BRACING

SHOULDER SETTING



Squeeze shoulder blades down and in towards the spine. Hold 5 seconds, X10. Can be done in and out of brace.

Please call Body Logic Physiotherapy on 9230 6310 if you have any queries.