

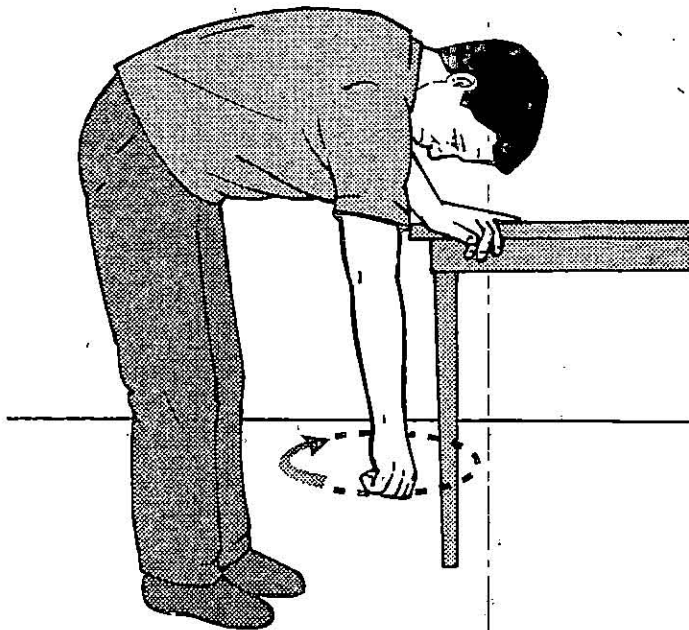
## PHASE I STRETCHING

These exercises are designed to increase motion. While performing them, the stiff shoulder will be assisted by the normal arm, by gravity or by a pulley.

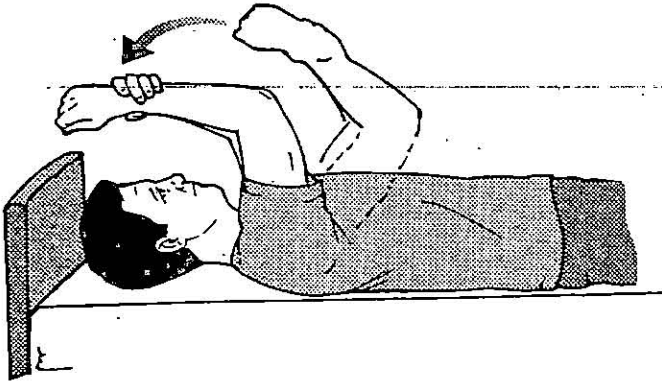
- Be sure to apply moist heat and take your pain medication one half hour prior to exercising.
- Perform three to five repetitions of each exercise.
- Do this set of exercises two to three times daily, each session lasting no more than 5 minutes.
- Do not exercise within two hours before going to bed.

### 1. Pendulum Exercise

Use your normal arm to hold the side of a table or bed for balance. Bend over at the waist, bringing your back parallel to the floor. Let the stiff arm relax and dangle like a pendulum. Gently swing it in a small circle that is parallel to the floor for 10 - 15 seconds. Then allow the arm to swing back and forth (as if you were bowling) for the same amount of time.



*This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.*



## 2. Assisted elevation

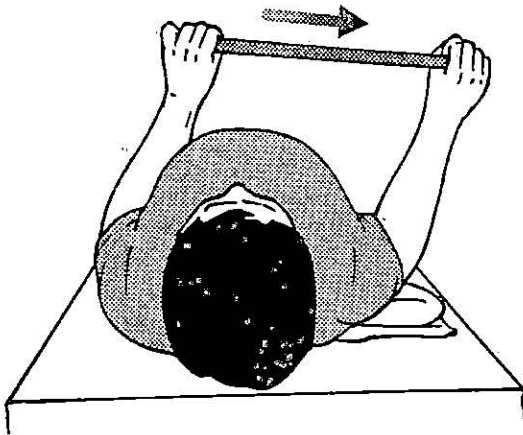
Lay down flat on a bed or a couch facing the ceiling. **DO NOT** use a pillow. Grasp the wrist of your post-operative shoulder with your normal hand, pulling it toward the ceiling and then gently overhead. Hold this position for five seconds

## 3. Assisted external rotation

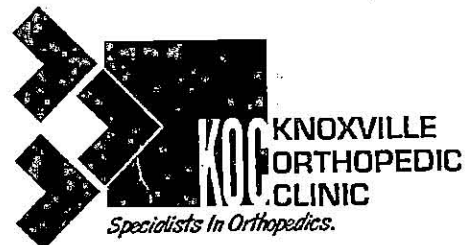
Again, lay flat on your back, on a bed or couch without using a pillow. Place a folded towel under the elbow of your stiff arm. The entire upper arm should be parallel to the floor while your elbow is bent at a 90 degree angle (FIG. 3A). Grasp a stick approximately 1 1/2 feet long with both hands (FIG. 3B). Letting the non-operative arm do the work, allow the stiff arm to rotate left and right, as pictured. Keeping the elbow bent at a 90 degree angle, move your elbow no more than 2 to 4 inches from side to side.



(FIG. 3A)



(FIG. 3B)



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