

ORTHOSPORTS



JEROME GOLDBERG - Shoulder Surgeon

PATIENT'S POSTOPERATIVE EXERCISE PROTOCOL

These exercises should be done **two times a day** and you should spend **ten minutes** on the exercises at each session.

If you need pain medication it should be taken about 30 minutes before you start the exercises. You may find it helps to warm up first with a hot shower, heating pad or hot water bottle before you exercise.

You may get some pain or clicking in the shoulder with the exercises and the pain may last for up to 30 minutes following the exercises.

PENDULUM EXERCISES

While bending at the waist, let the operated arm relax and swing with gravity. With hand turned inwards circle the arm in a clockwise direction, making the circles bigger and bigger. Perform these for 3 minutes. Then with the hand turned outwards, circle the arm in an anticlockwise direction, making the circles bigger and bigger for another 3 minutes.



FORWARD ELEVATION

Lying on your back, clasp the operated arm's wrist and use the good arm to pull both arms up over the head. Pull the arm as far back as you **COMFORTABLY** can manage, or as far as directed by me, and hold the arm there for 10 seconds. Repeat 10 times.



160 Belmore Road, Randwick 2031
47-49 Burwood Road, Concord 2137
2 Pearl Street, Hurstville 2220

Phone 93995333 Fax 93988673
Phone 97442666 Fax 97443706
Phone 95806066 Fax 95800890

www.orthosports.com.au

email office@orthosports.com.au

