

# Post Operative Instructions for Shoulder Surgery

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### Pendulum Exercises:

Remember to do your pendulum exercises three times per day. Spend about 10-15 minutes per session on these exercises. Try each one for 2-3 minutes before moving on to the next.

1. Bend over at the waist letting the affected arm hang down at your side. Place your non-operative arm on a table or chair to support and balance your body.

Gradually lean over until your operative arm is hanging almost perpendicular to your body.

2. Sway your body back and forth, using the weight of the arm and gravity to generate small movements at the surgical shoulder.

First move the arm side to side, then move the arm forward and back. Finally, move the arm in small circles clockwise and counter-clockwise. As your shoulder loosens up you can slowly make the circles wider.

It is important to be relaxed and allow the shoulder and arm to move smoothly and slowly. Don't force any movements, allow them to happen as your shoulder loosens.

Remember to move your elbow and wrist through their full ranges of motion at least three times per day, out of your sling, to prevent stiffness and help reduce any swelling in the operative arm.

