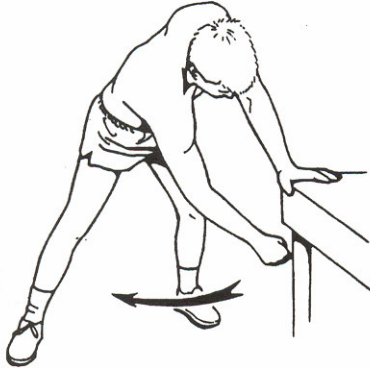


Comprehensive Care Orthopedics – Kirk R. Davis, D.O.

4126 N. Holland-Sylvania Road, Suite 100 ♦ Toledo, OH 43623 ♦ www.DrDavisDO.com

Phone (419) 473-9500 ♦ Toll Free (800) 969-1215 ♦ Fax (419) 473-9501

Post OP Care – Shoulder Exercises



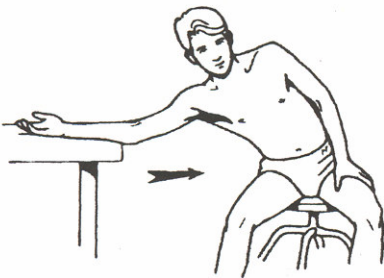
PENDULUM (SIDE-TO-SIDE)

Let arm swing freely from side to side by rocking body weight from side to side. Repeat 25 times. Do 3 sessions per day.



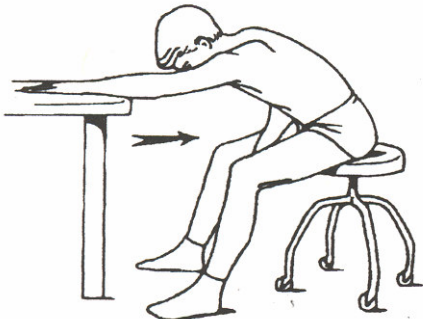
PENDULUM (Circular)

Let arm move in a circle clockwise, then counter-clockwise, by rocking body weight in a circular pattern. Repeat 25 times. Do 3 sessions per day.



ABDUCTION

With arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 10 seconds. Repeat 10 times. Do 3 sessions per day.



FLEXION

Sitting upright, slide forearm forward along table, bending from waist until a stretch is felt. Hold 10 seconds. Repeat 10 Times. Do 3 sessions per day.