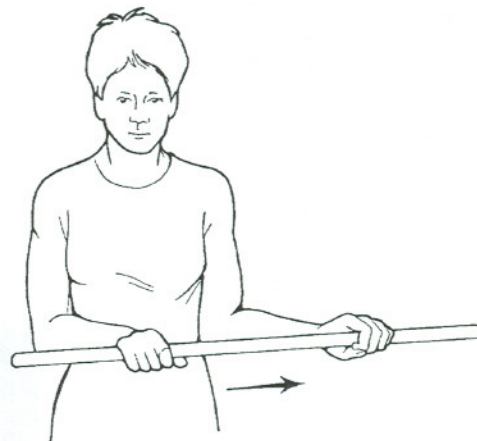


Exercise 1 of 3

SHOULDER FLEXION

1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, so that you feel a stretch
3. Hold 10-30 seconds
4. 3-5 repetitions, 5 times per day

Goal: 140 degrees



Exercise 2 of 3

SHOULDER EXTERNAL ROTATION

1. Lie on your back with elbows bent to 90 degrees, holding stick across your waist
2. Using stick for assistance, rotate your operated arm and forearm out away from your body - to 40 degrees, **BUT NO FURTHER**
3. Do not allow your upper arm to move away from your body
4. Hold 10-30 seconds
5. 3-5 repetitions, 5 times per day

Goal: 40 degrees out from straight up



Exercise 3 of 3

SHOULDER EXTERNAL ROTATION

1. Bend elbow of operated arm and hold in front of body
2. Grasp the wrist with the other hand as shown
3. Try to rotate the arm outward, but resist the movement with the other hand
4. Hold 10 seconds
5. 10 repetitions, 5 times per day

BE SURE THAT YOU ONLY PUSH OUTWARD, NOT INWARD. YOU SHOULD NOT PUSH INWARD FOR THE FIRST 6 WEEKS AFTER SURGERY.