

## Initial Postoperative Exercise

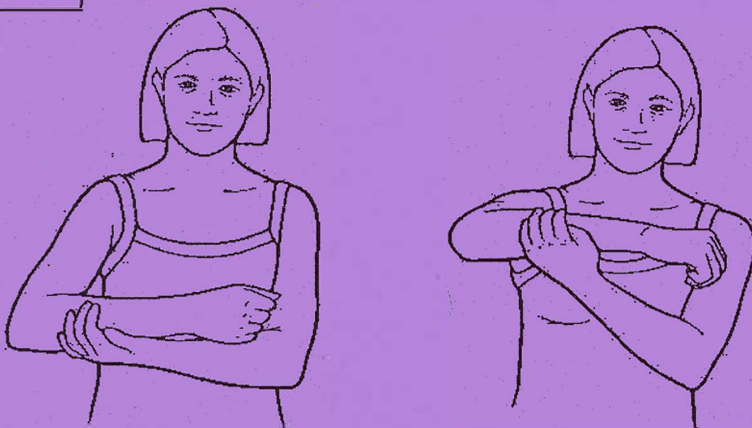
Do these exercises 10 times each 2 times a day. **IMPORTANT: REMAIN PAIN FREE**

### Exercise 1



**EXERCISE 1:** External rotation exercise may be done actively or passively. Position the hand across the stomach with the elbow at the side. In a pivoting movement the hand moves away from the stomach until pointing straight ahead. One may use the opposite arm to assist or simply do it actively until the arm is facing forward. This exercise needs to be pain free.

### Exercise 2



**EXERCISE 2:** In this exercise the arm is again in the same position with the elbow flexed to 90 degrees and the hand across the stomach; this would be at an angle half way between straight to the side and straight ahead. The elbow and forearm are raised away from the body using the opposite arm to assist until 90 degrees is achieved. Arm is then gently lowered until the arm is back at the side.