Exercises after Shoulder Repair with No Shoulder Range of Motion

You are not to move your shoulder until your surgeon or therapist tells you it is allowed. Wear your sling as you are instructed.

- These exercises are to keep the rest of your arm flexible during the time your shoulder is healing. You should start these exercises as soon as your arm is no longer numb after your surgery.
- Carefully remove your sling to do these exercises.
- Do each exercise 10 times and repeat them 2 to 3 times each day.
- Be sure to put your sling back on when you have finished the exercises.

Active Elbow Movement

Sit in a chair or lie on your back with your arms down at your side and your elbows straight. Bend your elbow and bring your hand up towards your shoulder.
Active Forearm Movement (Palm Up/Palm Down)

Sit in a chair or lie on your back with your arms at your side and your elbows bent. Turn your hand so your palm faces up to the ceiling. Then turn your hand so the palm faces down to the floor. Keep your elbow tucked in at your side while doing this exercise.

Active Wrist Movement

Put your arms at your side with your elbows bent. Turn your palm to the floor. Bring your hand up toward the ceiling, so your fingers point to the ceiling. Then bend your hand so your fingers point to the floor.

Active Finger Movement

Make a fist then straighten all of your fingers.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.