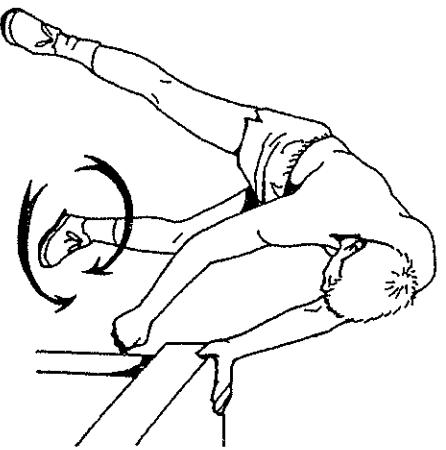


ORTHOPEDIC AFFILIATES

Exercise Protocol for Shoulder Arthroscopy



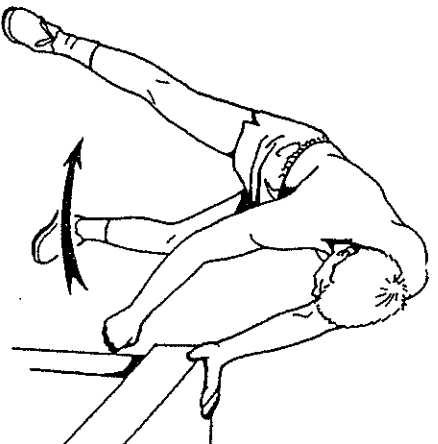
1 – Codman's Pendulum (clockwise/counterclockwise)
Let arm move in a circle clockwise, then counter clockwise by rocking body weight in a circular pattern

Repeat 20 times
Do 2 sessions each day



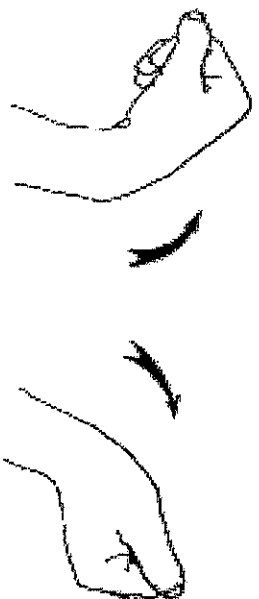
4 – Scapular Clock
With arms at side, shrug your shoulders up, back, forward, down.

Repeat 10 times
3 sets per session
2 sessions each day



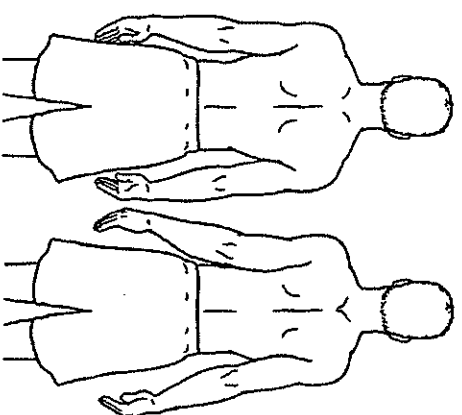
2 – Codman's Pendulum (side-to-side)
Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat 20 times
Do 2 sessions each day



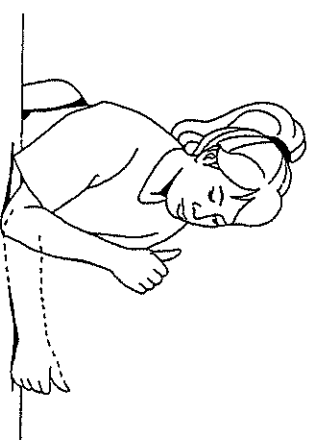
5 – Active Range of Motion Wrist Flexion/Extension
Actively bend wrist forward and backwards as far as you can.

Repeat 20 times
3 sessions each day



3 – Scapular Retraction (Standing)
With arms at side, pinch shoulder blades together.

Repeat 10 times
3 sets per session
2 sessions each day



6 – Active Range of Motion Elbow Flexion/Extension
With thumb side up gently bend elbow as far as possible. Straighten arm back out as far as possible.

Repeat 20 times
3 sessions each day