

Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 1

Basic Range of Motion Exercises



Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.

Swing your arm forwards and backwards gently.

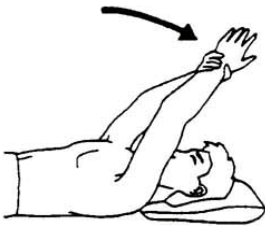
Repeat 10 times.



Stand leaning on a table with your unoperated hand. Let your operated arm hang relaxed straight down.

Swing your arm as if drawing a circle on the floor.

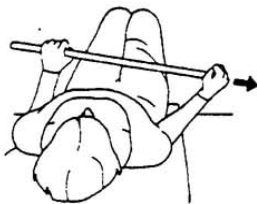
Repeat 10 times.



Lying on your back with elbows straight.

Use your unoperated arm to lift the operated arm up, keeping it as close to the ear as possible.

Repeat 10 times.



Lying on your back with elbows against your body and at a right angle. Hold a stick in your hands.

Move the stick sideways, thus pushing the operated arm outwards, keeping the elbow against the body.

Repeat 10 times.