

## Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 2

### Advanced range of motion exercises



**Stand, holding a stick behind your back with your elbows straight.**

**Lift the stick upwards away from your body. Using your unoperated arm to pull the operated arm.**

**Repeat 10 times**



**Stand or sit.**

**Hold the pulley handles one in each hand. Use your unoperated arm to pull down, this will help you to lift your operated arm.**

**Repeat 10 times.**



**Stand holding a pole behind your back with your elbows straight.**

**Bend your elbows to raise the pole up the back.**

**Repeat 10 times.**