

## **DR. GAMRADT'S POSTOPERATIVE SHOULDER EXERCISE PROGRAM**

1. **Active Assistive External Rotation:** Stand with your elbow/upper arm against a small towel. Keep your elbow near your side. Using your non-operated arm, rotate your palm away from your stomach. Bring your palm to a neutral position (picture 2)  
Range of Motion limitations: 0 DEGREES, ARM STRAIGHT IN FRONT\_



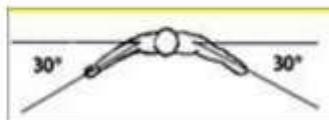
Perform 10 repetitions 2 times per day  
Hold each repetition for 3 seconds.

2. **Active Scapular Retraction:** Sit in chair or stand and relax your arms by your side. Gently squeeze your shoulder blades together.



Perform 10 repetitions 2 times per day  
Hold each repetition for 3 seconds.

3. **Active Assistive Shoulder Abduction in the Scapular Plane:** Sit on a chair with your back supported. Keep your elbow out to the side. Using your non-operated arm, lift your operated arm up to as tolerated and slowly lower back down. The goal is to raise your elbow up to shoulder level



Perform 10 repetitions 2 times per day  
Hold each repetition for 3 seconds.

**4. Elbow and Hand range of motion twice a day out of the sling (no picture for this exercise, simply open and close the hand, bend and straighten the elbow).**