Your doctor has asked that you do the following exercises to help control pain and swelling in your arm and shoulder. Do all the exercises slowly. Don’t hold your breath.

1. In the standing position, lean over at the waist about 90° (or as close to 90° as you can), holding on to a sturdy surface (like a counter) with your non-operative arm.
2. Let your operated arm hang down. Keep the muscles around your shoulder, arm, and neck relaxed.
3. Start slowly, remember to breathe, and do not force motion.

Exercise #1
1. Move your arm side to side, starting with a small arc and increasing it as tolerated.
2. Repeat _____ times.
3. Repeat for _____ minute(s).
4. Do _____ sessions a day.

Exercise #2
1. Move your arm forward and backward, starting with a small arc and increasing it as tolerated.
2. Repeat _____ times.
3. Repeat for _____ minute(s).
4. Do _____ sessions a day.
Exercise #3
1. Move your arm in a circle clockwise, starting with a small circle and increasing it as tolerated.
2. Then move your arm in a circle counterclockwise, starting with a small circle and increasing it as tolerated.
3. Repeat _____ time each direction.
4. Repeat for _____ minute(s) each direction.
5. Do _____ sessions a day.