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°, holding on to a sturdy surface (like a counter) with your non-operative arm. Position your feet one slightly in front of the other.
2. Let your operated arm hang down. Keep the muscles around your shoulder, arm, and neck relaxed.
3. Use your body to start the arm moving in each direction by shifting your weight from one foot to the other – do not use your arm/shoulder muscles.
4. Start slowly, remember to breathe, and do not force motion.

Exercise #1

1. Move your body side to side, allowing your arm to swing with your body.
2. Start with small movements of your body and arm, and increase them as you can tolerate.
3. Repeat _____ times.
4. Repeat for _____ minute(s).
5. Do _____ sessions a day.

Exercise #2

1. Move your body forward and backward, allowing your arm to swing with your body.
2. Start with small movements of your body and arm, and increase them as you can tolerate.
3. Repeat _____ times.
4. Repeat for _____ minute(s).
5. Do _____ sessions a day.
Exercise #3

1. Move your body in a circular motion clockwise, allowing your arm to swing with your body.
2. Start with small circles of your body and arm, and increase them as you can tolerate.
3. Repeat in counterclockwise circles.
4. Repeat _____ times.
5. Repeat for _____ minute(s).
6. Do _____ sessions a day.