

## Post-Op Therapy

### PENDULUMS

Bend forward at the waist to 90 degrees allowing your surgical arm to dangle. Use the non-surgical arm for support on a table as you bend over. Gently move your body in small circles keeping the surgical arm loose. Do not swing your surgical arm. It should move with your body in a smooth and controlled fashion. You can make clockwise and counterclockwise circles with your body where your arm moves with your body.

**Perform 3–5x per day for 30 seconds each**



### TABLE WALK-OUTS

Sit comfortably at a table at waist height with forearm of the surgical arm resting on the table at your side. Gently use your fingers to walk your arm forward and backward. Keep forearm on the table at all times.

**Perform 3–5x per day for 10 repetitions**



### ELBOW ACTIVE RANGE of MOTION

Gently bend and straighten your elbow at your side. Do not use weights.

**Perform 3–5x per day for 10 repetitions**

