

**Chad J. Muxlow, D.O.**

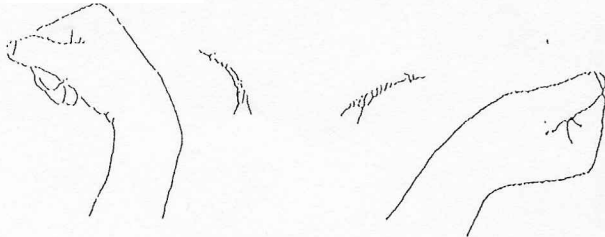
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**MUXLOW SPORTS MEDICINE**

**Post operative Shoulder Exercises**

**Active Range of Motion Wrist Flexion/ Extension**



Actively bend wrist forward and backward as far as you can

**Elbow Flexion / Extension Active Range of Motion**



With palm UP and DOWN gently bend elbow as far as possible. Hold 10 seconds. Straighten arm back out as far as possible

**SHOULDER:**  
Range of Motion Exercises (Self-Stretching)  
Sit next to a table or counter-top with arm resting on surface.

Slide arm on a table with palm facing down by leaning forward.

Hold 10 seconds.

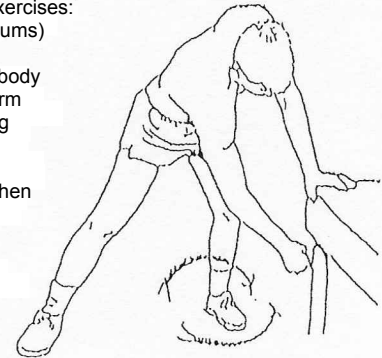
Then slowly sit back up allowing arm to slide back.



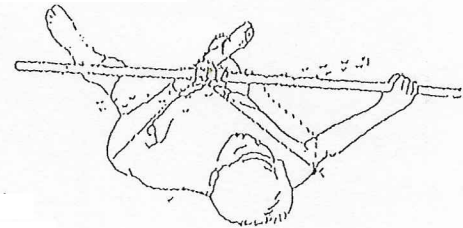
**Shoulder Range of Motion Exercises: Codman's Exercises (Pendulums)**

Let arm hang down and use body momentum to gently swing arm in a circular pattern by shifting weight in circular pattern

Perform clockwise 30 times then counter-clockwise 30 times



**Shoulder Range of Motion Exercises:**



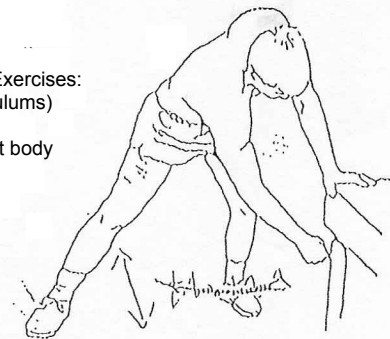
Hold stick or cane with operative side palm up  
Push with non-operative side (palm down) out away from body until you feel a stretch.  
Then pull back across body leading with non-operative side.  
Be sure to keep elbows bent  
Hold stretch for 10 seconds at each end.

**Shoulder Range of Motion Exercises: Codman's Exercises (Pendulums)**

Let arm hang down and shift body weight to gently move arm

First side to side

Then front to back



**All Exercises Should Be Repeated 30 times  
Perform 2 sessions per day**