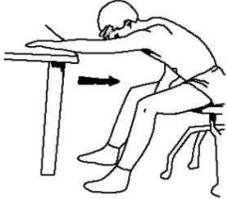


**POST-OP PASSIVE RANGE OF MOTION SHOULDER EXERCISES Phase 2: 2 weeks-6 weeks**

<p><b>External Rotation</b> Sit in a chair with your injured arm at you're side. Grasp the ends of a stick (or your sling) with both hands. Keeping your elbows at a 90° angle at your side. Using your strong arm push your surgical arm away from your body.</p>	<p>Hold for 5-10 sec Repeat 10 times Try to do 3 sets/day</p>	
<p><b>Forward and Abducted Table Slides</b> Place your operative hand on a table or counter top. Slowly step away from the table, keeping your arm relaxed. Stop when you feel a gentle stretch. Continue to increase the stretch every few days until your arm is 90 degrees away from your body. Repeat this exercise by placing your hand on the table with your arm by your hip and stepping away to the side. Do not stretch farther than 90 degrees away from your side. Do not actively push the operative arm forward.</p>	<p>Hold for 5-10 sec Repeat 10 times Do 3 sets/day</p>	
<p><b>Passive Flexion &amp; Extension</b> Hold your wrist and gently bend your elbow, bringing your hand towards your shoulder. Hold 10 seconds. Keep holding your wrist as you straighten out your elbow.</p>	<p>10 Repetitions Repeat 4-6 x per day</p>	
<p><b>Passive Pronation &amp; Supination</b> Undue the bottom two straps of the brace. Hold your wrist and gently rotate your hand so your palm is facing upward (supination). Hold 10 seconds. Then rotate your hand so the palm is facing downward (pronation). Hold 10 Seconds</p>	<p>10 Repetitions Repeat 4-6 x per day</p>	 <p>Supination Pronation</p>

**Post Operative Incision Care**

- Change the gauze dressing daily until there is no drainage on it (usually 2-3 days), use paper tape to keep in place.
- Leave the steri strips (white tapes) in place for at least 2 weeks.
- For the first week you must keep your shoulder DRY when showering.
  - It is best to have a “sponge bath” as it is difficult to shower without getting the area wet.
  - Do NOT sit in a bath tub to bathe as it is very difficult to get out with one arm.
- After one week you may shower and let water run down your arm.
  - Do not scrub the incision(s) with soap or put ointment/lotion/scar cream on the incision(s).
- No soaking your shoulder in a bath tub/hot tub/lake/swimming pool for one month.
  - Even though it is your shoulder water will likely splash onto your incision(s)
- After six weeks you may massage the incision with lotion/scar cream, this helps break up any scar tissue that may form.

Please wear your sling along with the abduction pillow at all times if you were given one.

**Please give 72 hours notice for refills on pain meds. Pain meds cannot be called into the pharmacy!**