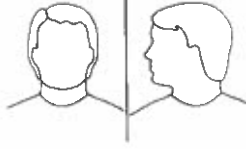
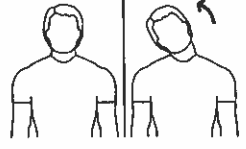

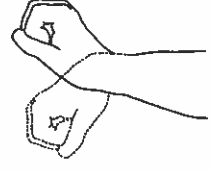
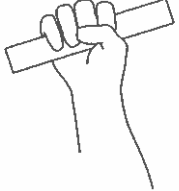
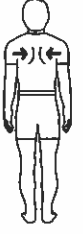


Comment:

**Phase 1: DO THESE EXERCISES IMMEDIATELY AFTER SURGERY**

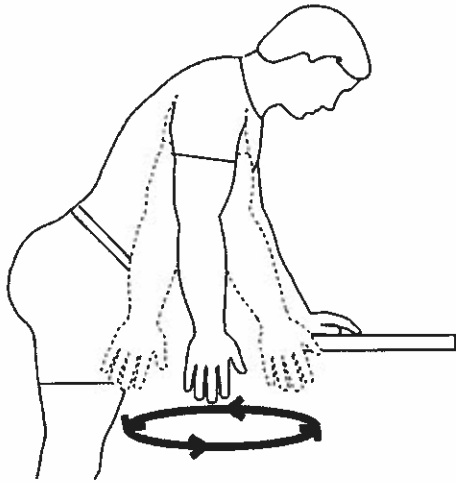
<p><b>Neck turn</b></p>  <ul style="list-style-type: none"> <li>• Sit in chair with good posture, back supported.</li> <li>• Turn head to one direction then turn head to the other direction.</li> </ul> <p><u>Special Instructions:</u> Move in pain free range. Perform 1 set of 10 repetition(s), twice a day. Hold exercise for 5 Seconds.</p>	<p><b>Neck sidebend</b></p>  <ul style="list-style-type: none"> <li>• Sit in chair with good posture, back supported.</li> <li>• Looking straight ahead bend neck sideways, moving ear toward shoulder.</li> <li>• Return to start position.</li> <li>• Repeat in other direction.</li> </ul> <p><u>Special Instructions:</u> Move in painfree range. Perform 1 set of 10 repetition(s), twice a day. Hold exercise for 5 Seconds.</p>
<p><b>Biceps curl</b></p>  <ul style="list-style-type: none"> <li>• Sit in chair with good posture, back supported.</li> <li>• Begin with arm at side, elbow straight, palm up.</li> <li>• Bend elbow upward.</li> <li>• Return to starting position.</li> </ul> <p>Perform 1 set of 10 repetition(s), twice a day. Hold exercise for 5 Seconds.</p>	<p><b>Closed wrist bends</b></p>  <ul style="list-style-type: none"> <li>• Sit in chair with good posture, back supported.</li> <li>• Begin with fingers and thumb in a loose fist position.</li> <li>• Bend wrist up and down.</li> <li>• Repeat.</li> </ul> <p>Perform 1 set of 10 repetition(s), once a day.</p>
<p><b>Dowel grip</b></p>  <ul style="list-style-type: none"> <li>• Sit in chair with good posture, back supported.</li> <li>• Grasp dowel in hand and tighten fingers.</li> <li>• Relax and repeat.</li> </ul> <p><u>Special Instructions:</u> Begin with a thick object and progress as able to a thin dowel such as a Perform 1 set of 10 repetition(s), twice a day. Hold exercise for 5 Seconds.</p>	<p><b>Double scap wing in</b></p>  <ul style="list-style-type: none"> <li>• Stand with arms at sides.</li> <li>• Squeeze both shoulder blades together.</li> <li>• Relax and repeat.</li> </ul> <p>Perform 1 set of 10 repetition(s), twice a day.</p>

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These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Comment:

START THESE EXERCISES 2 WEEKS AFTER SURGERY



Shoulder pendulum

- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely.
- Use body to swing arm in circles, side to side, and front to back, as shown.

Perform 2 sets of 10 repetition(s), twice a day.

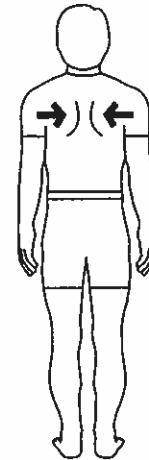
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Double scap wing in

- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 2 sets of 10 repetition(s), twice a day.

Hold exercise for 5 Seconds.



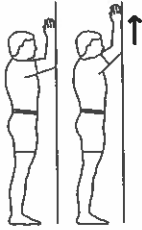
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Comment:

**Phase 3: START THESE EXERCISES 3 WEEKS AFTER SURGERY**

**Wall bent arm raise**

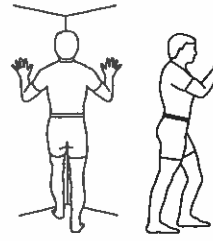


- Stand facing wall.
- Place involved forearm on wall.
- Palm should be facing inward, thumb toward shoulder.
- Squeeze shoulder blades together.
- Slide or walk arm up until you barely feel a stretch.
- Do not push into or through pain.

Perform 1 set of 10 repetition(s), twice a day.

Hold exercise for 5 Seconds.

**Corner Pec stretch**

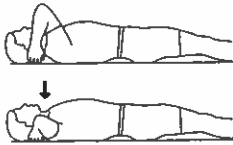


- Stand in in corner or doorway.
- Place hands at chest level on wall.
- Relax arms.
- Gently step forward, keeping back straight and chest upright.

Perform 1 set of 5 repetition(s), twice a day.

Hold exercise for 20 Seconds.

**Outward arm Pec stretch**



- Lie on back with hands behind neck, elbows up.
- Gently lower elbows to floor until stretch is felt.
- Hold stretch.
- Return to start position and repeat.

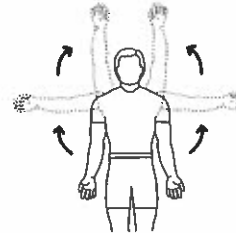
Special Instructions:

If the stretch is too intense, pillows may be placed under your head.

Perform 1 set of 10 repetition(s), once a day.

Hold exercise for 10 Seconds.

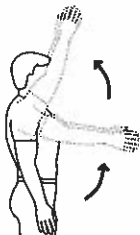
**Double side arm raise**



- Sit or stand with arms at side, palms forward.
- Lift arms out and upward above head as shown.
- Return to start position.

Perform 2 sets of 10 repetition(s), once a day.

**Double front arm raise**



- Begin with arms at side, palms facing in, sitting or standing.
- Raise arms together, upward in front, overhead, as shown.
- Return to start position.

Perform 2 sets of 10 repetition(s), once a day.

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