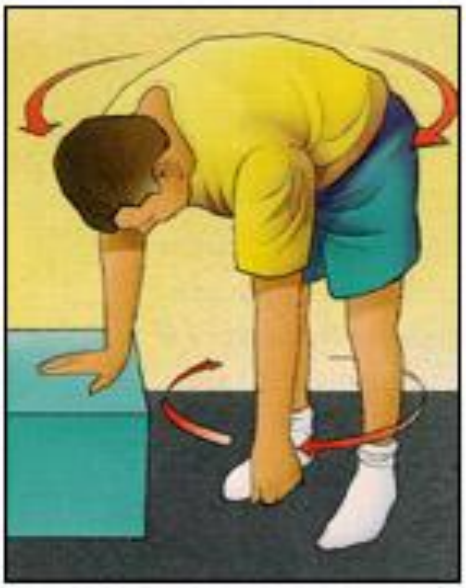
VA Pittsburgh Healthcare System

Shoulder Arthroscopy Exercise Program (For Use <u>After</u> Surgery)

Improving flexibility can reduce pain. Stretching exercises each day can help lessen pain and increase your range of pain-free motion. Breathe normally when you exercise. And try to use smooth, fluid movements. Exercises may feel uncomfortable at first but they will speed recovery and reduce postoperative pain.



Side to Side Forward-Backward

Pendulum Exercise:

1) Assume the position as shown, letting the injured arm hang relaxed. Lean over a table (shown) or chair supporting body with good arm.

2) Let involved arm hang straight down in relaxed position.

3) Sway your <u>BODY</u> back and forth to start a pendulum action of the arm. Do not let your arm tense up. Slowly begin to swing the relaxed arm. The weight of the arm and gravity will generate small circles at the involved shoulder.

4) Gently swing the arm in circles moving counterclockwise and clockwise.

5) Repeat, with the arm moving side to side.

6) Repeat, with the arm moving forward-backward.

<u>Note:</u> Change direction after 1 minute of motion.

_1_ Minute Each Direction _5_ Total Minutes

_3_ Times A Day

Questions

Questions about these exercises should be directed to:

- VA Helpline Available 24 hours 7 days a week.
- Toll Free Telephone Number is 1-866-482-7488.

Source of Information

http://orthoinfo.aaos.org/booklet/view_exercise.cfm?Thread_ID=19&topcategory=Shoulder American Academy of Orthopaedic Surgeons Shoulder Surgery Exercise Guide, 2000
http://v4.kramesondemand.com/HealthSheet.aspx?id=82398&ContentTypeId=3 VAPHS Krames On-Demand Healthsheet 2007
http://www.athleticadvisor.com/images/Acrobat/Shoulder%20General%20Program.pdf The Sports Medicine Specialists, 2006

08/07 646/132-Y-U/ DC