

## Exercises of the shoulder

If you have any questions please check with your physiotherapist, doctor or orthopaedic nurse.

The exercises may produce some discomfort but, should not be painful. They are a guide for the initial phase of your rehabilitation. Your physiotherapist may advise you of other exercises you need to do in addition to these.

Do these exercises four to five times a day.

### Hand

Clench and release fist 10 times hourly to reduce swelling.

### Elbow flexion and extension

Take your arm out of the sling. Slowly bend and straighten the elbow as much as possible.



## Pendular Exercise

Stand beside a table, bench etc and lean on unaffected arm bending forward slightly at the hips.

Let your affected arm hang with elbow straight.

Swing your arm gently forward and backwards (like a clock's pendulum).



Swing your arms in circles, like stirring a pot. Do it in both directions. Start with small circles increasing in size, as comfort allows.



# Exercises of the shoulder



**24 Hour Surgery  
401 Madras Street**

**Urgent medical and accident care 24/7**

[24hoursurgery.co.nz](http://24hoursurgery.co.nz)

Phone: 365-7777

**24  
HOUR  
SURGERY**

