

## Post-Operative Exercises for Shoulder Arthroscopy

### Shoulder Pendulums:

Bend forward at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Focus on making small circles with your hand and your shoulder will naturally follow.

Do 3 sessions a day.



### Passive Shoulder Flexion:

With the assistance of your good arm or with a broom stick, elevate your arm straight in front of you not going past 90°. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible. Repeat 10 to 20 times.

Do 3 sessions a day.

