



## Home Exercise Program

Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road. Brunswick, ME 04011

Training start date 3/16/2020



©The Saunders Group Inc.

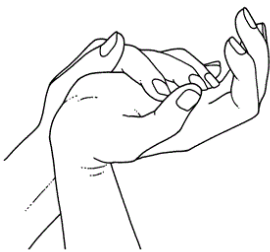
1. Assume position shown, letting operated arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up - use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with the arm moving in circular patterns, clockwise and counterclockwise
5. 10 repetitions, 3-4 times per day



©Physiotools

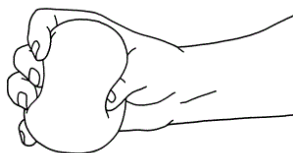
1. Stand and let your operated elbow straighten to your side
2. Grasp the wrist of the arm you want to exercise with your opposing hand
3. Bend your elbow and assist the movement with your other hand.
4. Slowly lower down to straighten your elbow.

Repeat 10 times 3-4 times per day



©Physiotools

1. Support the wrist of the hand to be exercised
2. Bend and extend your wrist assisting the movement with your other hand.
3. Hold each position 3-5 seconds
4. Repeat 10 times 3-4 times per day



©Physiotools

1. Hold a foam ball as shown with your operative hand.
2. Squeeze as firmly as you can
3. Repeat for 2-3 minutes, 3-4 times per day

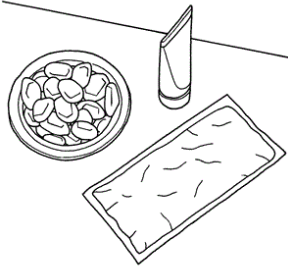


## Home Exercise Program

Coastal Orthopedics and Sports Medicine  
14 Thomas Point Road. Brunswick, ME 04011

Training start date 3/16/2020

---



### Ice:

For the first few days after surgery, icing the affected area every few hours, for 15-20 minutes will help with pain and swelling.

Be sure to apply a thin layer of protection between your skin and the ice. A pillowcase works well.

©Physiotools

---



Wear your sling at all times, even when sleeping.

You may remove sling only to perform exercises and to shower.

©Physiotools