

Following your procedure it is important to do the following exercises; these will help you regain movement and strength.

- The following series of exercises should be done 3 times a day
- You should do 10 repetitions of each exercise

PENDULAR EXERCISES

Bend at your waist with your treated arm (the one that had the procedure), hanging parallel to your legs. Swing this arm in a straight line from left to right as far as it will go keeping your back straight. Then swing the arm forward and backward as far as it will go.



FLEXION

Hold the wrist of your treated arm with the opposite hand. Lift your arm over your head with your thumb up and elbow straight. Hold for 5 seconds.



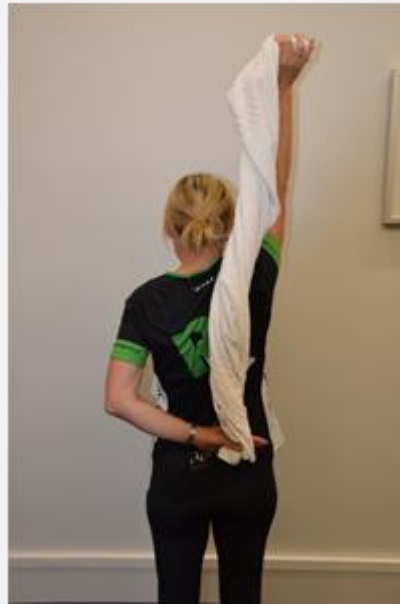
WAND EXERCISES

Keeping both palms down, push wand across your body with your good arm. Then pull back across body, keeping arms parallel to floor. Do not allow your trunk to twist. Hold for 5 seconds.



INTERNAL ROTATION

Hold a towel behind your back with the hand of your treated arm. Slide this arm up your back, as if zipping up a zip. Do not lean forward. Hold for 5 seconds.



HORIZONTAL ADDUCTION

In lying initially support the treated arm at the elbow, elevate the arm at 90 degrees and gently stretch it over towards the good shoulder (without twisting the body). Hold for 5 seconds and release.



FORWARD WALL CLIMBING

Stand facing a wall. Walk the fingers of your treated arm up the wall without rising up on your toes or leaning back. Hold for 5 seconds.



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