



Department of Physical Therapy

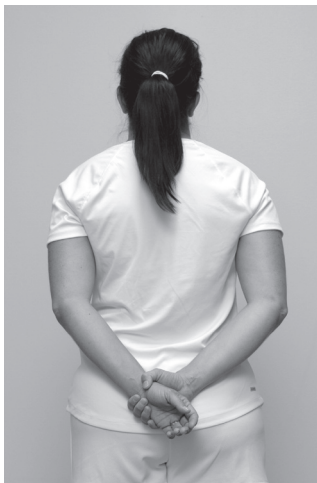
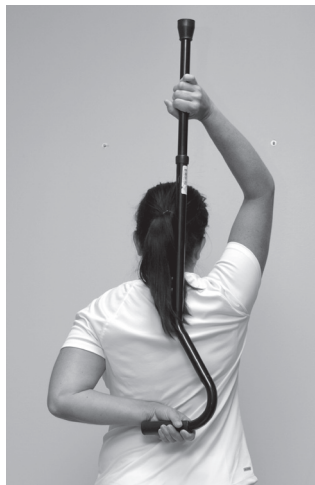
## Shoulder Exercises After Surgery (Part 2)

Please do the highlighted exercises below.

### Internal Rotation

Hang your affected arm at your side with your palm facing back. Use your non-affected arm or a cane to help raise the affected hand toward the waist.

10-20 repetitions, 3-4 times a day

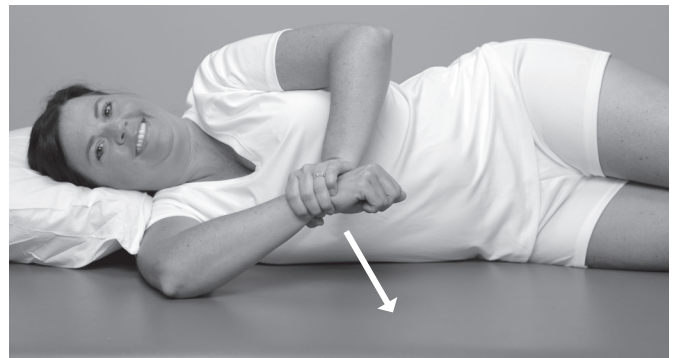


### Sleeper Stretch

Lie on your affected side. Your elbow should be away from your body and bent at 90° (see picture). With the palm of your affected arm facing down, use the non-affected arm to push the other arm toward the floor.

Hold 15-20 seconds.

5-10 repetitions, 3-4 times a day



### Supine External Rotation Stretch

Lie on your back with your affected elbow bent at 90°. Use a cane and your non-affected arm to help push the other arm back toward the bed (see picture).

Hold 15-20 seconds.

10-20 repetitions, 3-4 times a day

