



Department of Physical Therapy  
**Shoulder Exercises (Part 1)**

Please perform the highlighted exercises below.

**Pendulum Swing 1**

Bend at your waist. Relax your affected arm (the one that you had surgery on) and let it hang. Rock your body in a circular pattern, allowing your arm to move clockwise and then counterclockwise.

20-30 repetitions, 3-4 times a day



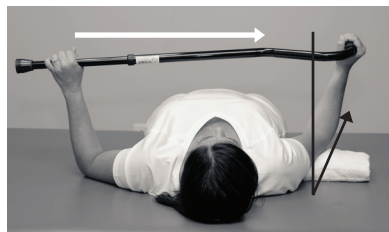
**Supine External Rotation**

Lie on your back. Place the elbow of your affected arm on a rolled towel. Keep the elbow by your side and bent at 90°. Use a cane, stick or golf club to gently push your affected arm to the side.

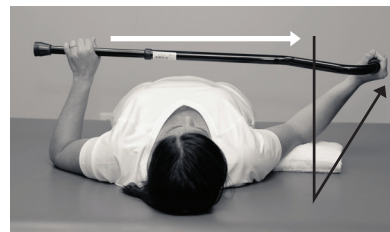
10-20 repetitions, 3-4 times a day



Stop at 0°



20°



Full

**Supine Forward Elevation**

Lie on your back. Use your non-affected arm or a cane to raise your affected arm up and over your head.

10-20 repetitions, 3-4 times a day



Stop at 0°



90°



Full

If you have any questions about this information, please call (864) 797-1201.