

Post Surgical Exercise Program

1. Stand near a wall as shown
2. Slowly "walk" your fingers up the wall, so that you feel a stretch
3. Hold for 5 seconds
4. 5 repetitions, 5 times per day

1. Stand grasping _____ elbow with other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch
3. Hold for 5 seconds
4. 5 repetitions, 5 times per day

1. Stand grasping _____ elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold for 5 seconds
4. 5 repetitions, 5 times per day