

Post Operative Exercises

LEVEL 1

These are the first exercises you should do. These can be performed on the day after surgery.

Repeat each exercise 10 times, aim for 4 times per day
Start slowly and gently, and increase steadily.

1: Shoulder Rolls

Lift your shoulder slowly up towards your ears and roll backwards

2: Elbow Stretch

Bend your elbow and touch your shoulder with your hand.
Then straighten your elbow completely.

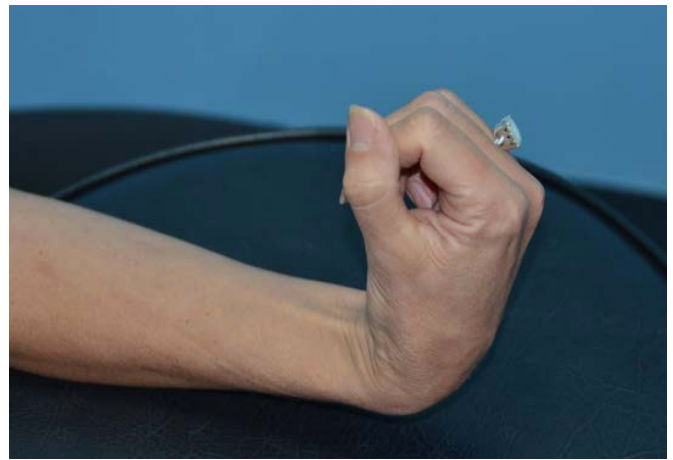


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3: Wrist Exercises

Support your elbow on a pillow.

Keep your hand relaxed and your arm by your side then bend your wrist back and forth.



4: Hand Squeeze

Make a fist and squeeze slowly.

And then gently open fingers out and relax.

