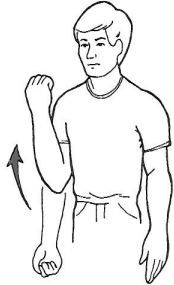


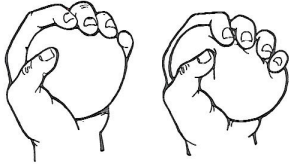
## GENERAL POSTOPERATIVE EXERCISES:

**You may come out of your sling and start immediately**

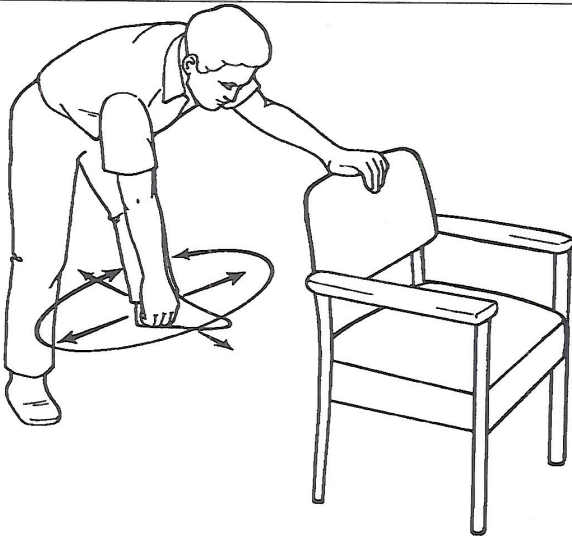


1. Sit or stand with your elbow straight, palm of hand facing forward as shown
2. Bend elbow as shown
3. Hold 3 seconds
4. Do 10 repetitions, 5 times per day

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1. Hold a ball or sponge as shown with the hand of your operated arm
2. Squeeze gently
3. Hold 3 seconds
4. 10 repetitions, 5 times per day



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1. Assume position shown, letting right arm hang relaxed and supporting yourself with your left arm on something solid and steady.
2. Just let your right arm dangle without any movement. The farther forward you bend, the more your arm comes away from your side.
5. 3 repetitions for 30-60 seconds each, 5 times per day