

Phase 1 – DAYS 0-7 Post Operatively

Use the cryocuff/ice pack for pain relief as required

1. Elbow Range of Motion

- *Remove the sling*
- *With your arm bent at the elbow and resting against your body as though still in the sling,*
- *Bend and straighten the elbow, as if you were brushing something off the front of you.*
- *Repeat ten (10) times, three (3) times per day.*

2. Grip Strengthening

- *With arm in sling, grip a rubber ball (old tennis ball, wire grip strengthener etc) hold for five (5) second and release.*
- *Repeat ten (10) times, three (3) times per day.*

3. Scapular Tightening

- *With arms by your side, or in a sling position, pull your shoulder blades back together. Hold for five (5) seconds.*
- *Repeat ten (10) times, three (3) times per day.*

4. Pendular Reach

- *Remove sling*
- *Rest unaffected arm onto table top support*
- *Lean the body well forward from the hips*
- *Gently allow the affected arm to “dangle” from the side of the body*
- *Actively reach for various points on the ground in a small radius from where your arm hangs*
- *Reach for twenty (20) points, three (3) times per day*

