

SUSSEX SHOULDER

passive exercises

Elbow flexion & extension exercises

To prevent elbow joint stiffness



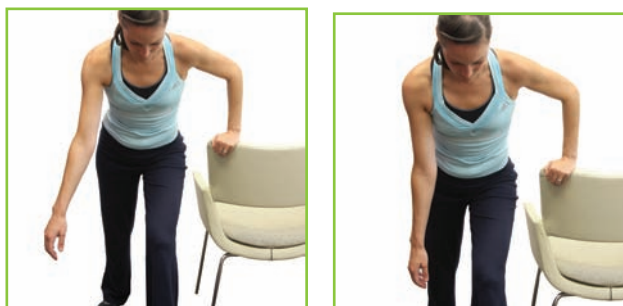
Bend your elbow moving your wrist towards your shoulder. You can assist movement with your other hand. Let your elbow fully straighten.

Shoulder pendulum exercises

1. Let your arm hang relaxed down. Gently swing your arm backwards and forwards approximately 20 times.



2. Next swing your arm drawing a circle outwards for approximately 20 times



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These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.

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