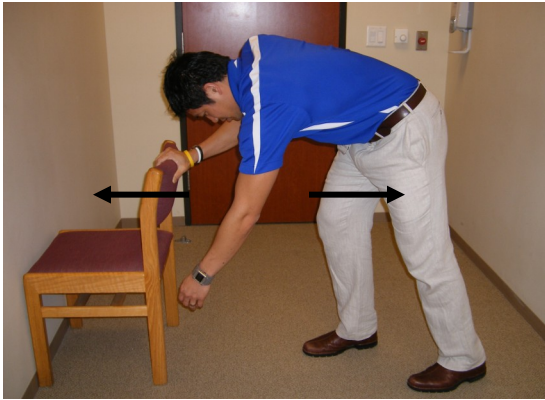
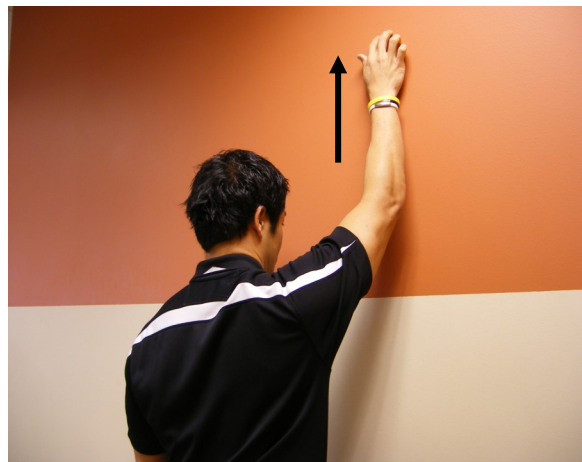


Mark Maffet, MD  
SHOULDER HOME PROGRAM—PHASE I



1. Pendulum

Use a chair or counter for support. Let your arm completely dangle away from your body. Sway your body back and forth and side to side gently. This will allow your arm to passively swing as well. Perform 2-3x/day for 1 min each.



2. Finger Wall Walks

Use your fingers of the surgery arm to climb the wall. Do not FORCE yourself to reach the top. Gradually work your way up. NO increase in pain. Perform 2-3x/day 10 climbs each time.



3. Shrugs

Support surgery arm with good arm and simply shrug shoulders as high as you can without causing pain. Hold 3 secs each. Perform 2-3x/day 10 reps



4. Assisted Arm Lifts

Perform laying down. Use good arm to raise surgery arm up. Do not FORCE yourself to go all the way back. Stop when pain increases. Perform 2-3x/day. 10x each