

Ronald D. Gardner, M.D.
Arthroscopic Reconstructive Surgery
Joint Replacement

Robert Martinez, M.D.
Arthroscopic Shoulder Surgery
Joint Replacement

Brad Castellano, D.P.M.
Foot & Ankle Trauma
Sports Medicine & Reconstruction



3033 Winkler Avenue, Ste. 100
Fort Myers, FL 33916

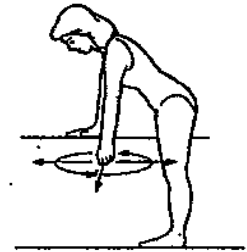
Phone: (239) 277-7070
Fax: (239) 277-7071

GardnerOrthopedics.com

SHOULDER EXERCISES: STAGE-1

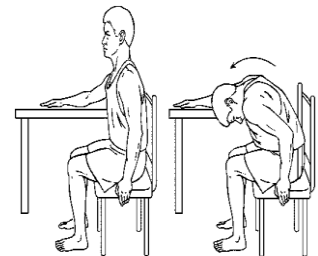
Pendulum Exercise

- Lean over a table, supporting your body with your uninjured arm.
- Swing your arm in a circular pattern. Start with small circles and increase to larger circles.
- Repeat 10 times in both the clockwise and counter clockwise directions.



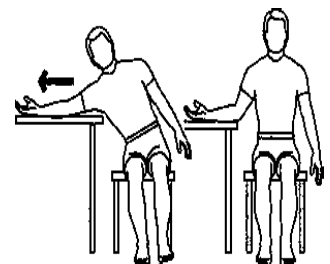
Shoulder Flexion – Table Slide

- Sit in a chair at a table with the forearm of your injured extremity resting on the table in front of you.
- Slowly slide your arm forward across the table.
- Return to the starting position.
- Hold for 10 seconds.
- Repeat 10 times.



Shoulder Abduction – Table Slide

- Sit in a chair with your injured forearm extended out to the side and resting on a table.
- Slowly slide your arm sideways across the table.
- Return to the starting position.
- Hold for 10 seconds.
- Repeat 10 times.



-
- ***Perform all above exercises daily. For those that cause pain, discontinue and try again once weekly. When or if they no longer hurt, add them to the routine.***
 - ***Dr. Gardner recommends icing for 10-20 minutes after you finish the exercises.***