

# Early Passive Motion Program After Shoulder Surgery

***Passive motion requires someone assist you with the shoulder motions. These exercises can be performed lying down or sitting up.***

Do each exercise 5 times per set, 3 sets per day. Hold each “stretch” for 5-10 seconds. **Only move the arm to a position where a minimal stretch is felt. Do not overstretch or cause pain.**

Joint motion is measured in degrees of movement. For example, 90° is the amount of shoulder motion when the arm is raised to shoulder height.

1. **Shoulder Flexion:** support the arm at the wrist and elbow, gently move the arm up with the thumb pointed upwards. Move to a point of a minimal stretching feeling, hold 5-10 seconds then return the arm to the side. Repeat. This can be done in sitting.



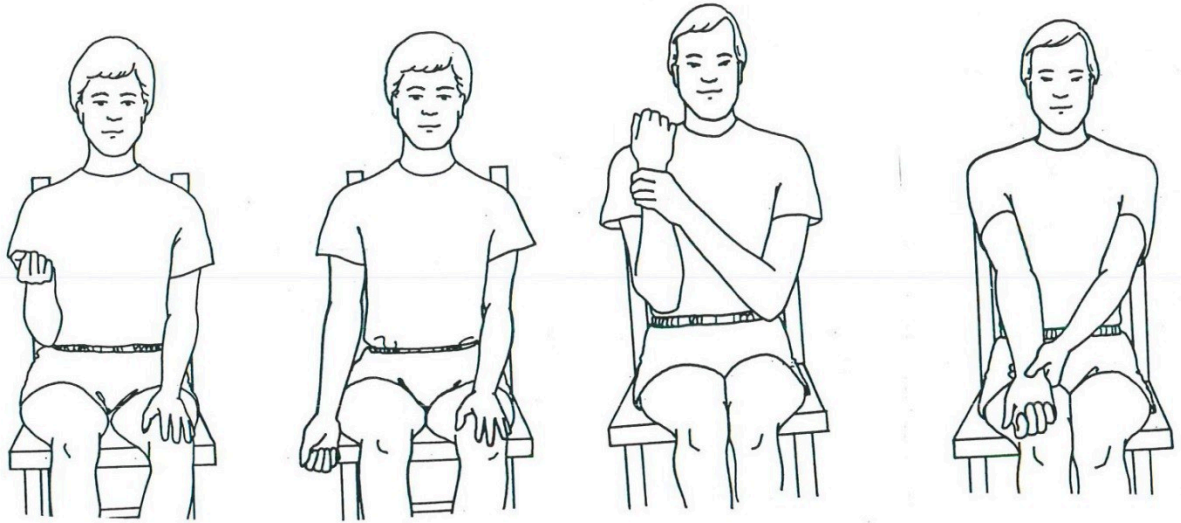
2. **Shoulder abduction/adduction:** support the arm at the wrist and elbow, gently bring the arm out to the side with the palm facing up. Move the arm out until a slight stretch is felt then hold for 5 – 10 seconds. Return the arm to the side. This can be done in sitting.



3. **Shoulder internal/external rotation:** support the arm at the wrist and elbow keeping the elbow at the side and bent (flexed) to 90°. Move hand toward then away from the body by rotating at the shoulder.



4. **Elbow flexion/extension:** support the arm at the wrist and elbow; gently bring the hand toward the shoulder, bending then straightening at the elbow. Usually this can be done actively (rather than passively bending and straightening at the elbow) as long as the biceps was not surgically repaired.



5. **Forearm pronation/supination:** support the forearm and elbow on a table then gently turn the forearm so the palm faces up then palm faces down. This can be done actively unless instructed otherwise.

