

Hussein Elkousy, MD

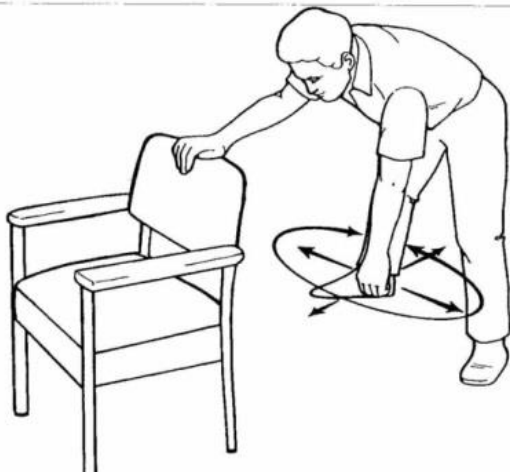
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Simple passive and active assisted shoulder exercises. Please note that none of these exercises should worsen your pain so perform in a frequency and manner that the level of pain is 2-3/10.

1) Pendulum exercises.

The patient should do this for 2-3 minutes several times each day. The patient should try to move the torso or trunk of the body in order to allow the arm to move passively. Try not to simply use the shoulder muscles for motion ("Pretend that you are an elephant and the arm is your trunk"). At first, the diameter of the circles is small and then they get bigger as pain allows.

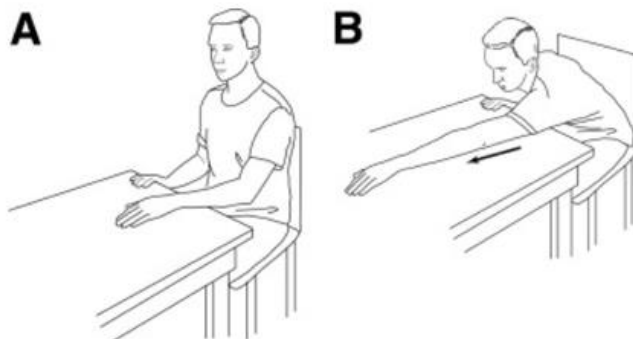
Start these on the ____ week or the following date:



2) Table slides.

The patient should do this for 2-3 minutes several times each day. The arm should be pushed forward not laterally and the forward distance should not cause pain. Stop at the point of pain and then continue to try to increase the sliding distance as pain allows.

Start these on the ____ week or the following date:



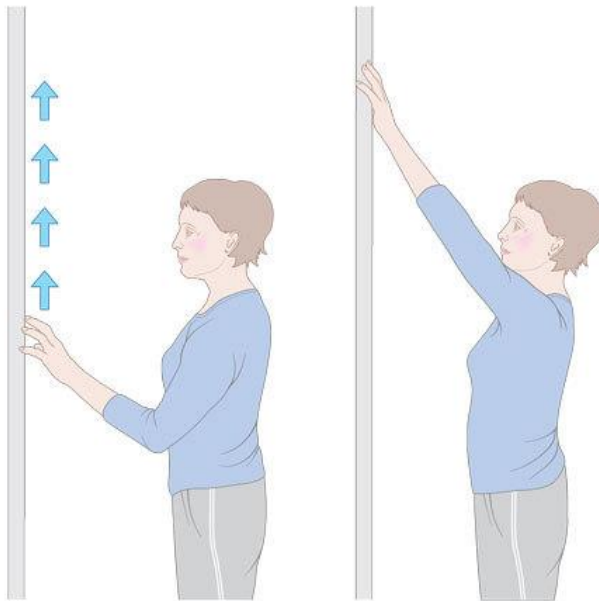
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3) Wall walks.

The patient should do this for 2-3 minutes several times each day. The patient should face the wall and use the wall as a counter force to raise the arm. The goal is to raise the arm fully overhead, but pain should be the guide. Continue to try to increase the height on the wall as pain allows.

Start these on the ____ week or the following date:



The pendulums and wall walks are further illustrated at the following site:

<http://orthoinfo.aaos.org/topic.cfm?topic=A00067>