

Set A Exercises

First four weeks after your operation

Frequency: three times a day/10 repetitions each exercise



1. Hands on your shoulders. Lift your elbows forwards and upwards to shoulder height. Repeat 10 times.



2. Hands on your shoulders. Lift your elbows out to the sides and upwards to shoulder height. Repeat 10 times.



3. Bring your hand up behind your back as far as you can. Repeat 10 times.



4. Put your hands behind your head and slowly bring your elbows outwards, hold for 3-5 seconds. Repeat 10 times.



5. Move your hands from your shoulders to your head briskly. Repeat 10 times.

6. Open and close your hand briskly i.e. make a fist. Repeat 10 times.

7. Circle your shoulders forwards 10 times then backwards 10 times.



8. Sit upright in a supported seat. Utilizing right hand gently stretch neck to right shoulder. The movement and stretch should be controlled and not painful. Hold 15 seconds each side. Repeat on other side



9. Keep your feet and hips still. Think about turning your upper body and shoulders only. Move your head with your body as you turn from side to side. Repeat 10 times each side.