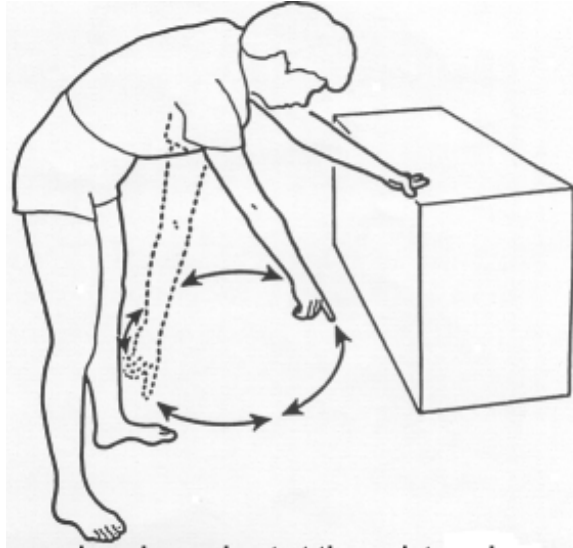


Shoulder "Codman" Acute Exercises



Leaning or bent at the waist, and with your affected arm and hand hanging limp, slowly use your body to rotate your shoulder in small circles in each direction. Increase size of circles as pain diminishes, and use less of your body to move it as you recover.

Do Not Cause Pain.

HOLD: ☐5 ☐10 REPS: ☐5 ☐10 SETS: ☐1 ☐2 ☐3

☐ Ice After Exercises, and 20 Mins Every Hour

Name_____ Date_____ Dr._____