

Dr. Vaksha's Post-Operative Exercises for Shoulder Surgery

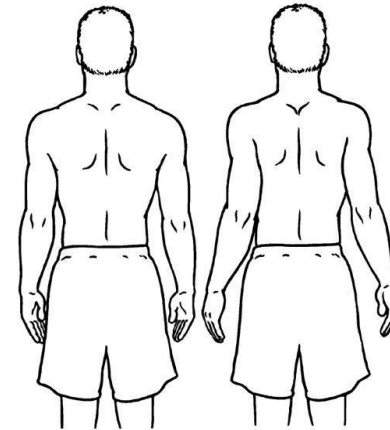
Elbow active range of motion to prevent elbow stiffness

Keeping the elbow at your side, gently bend elbow as far as possible, then straighten arm as far as possible



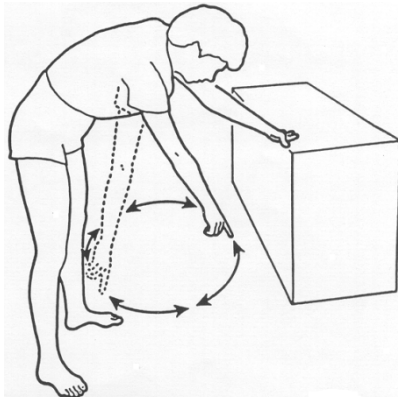
Scapula retraction to prevent shoulder slumping

Squeeze shoulder blades together against the wall and hold for 30 seconds



Gentle pendulums to prevent shoulder stiffness

Perform gentle pendulum exercises while standing and bending at the waist. Support your uninvolved arm on a table or chair and allow your involved arm to hang freely and make small circles. Keep your elbow straight throughout the exercise



Perform your exercises three times per day.

Perform three sets of each exercise.

Perform ten repetitions per set.

Dr. Vaksha's Post-Operative Exercises for Knee Surgery

Quadriceps tightening to prevent knee stiffness

Tighten muscles on top of thigh by pushing knee down into the surface. Hold for 5 seconds.

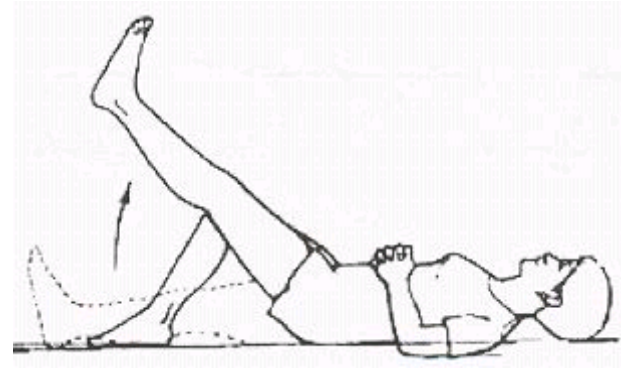
Perform 3 sets of 10 repetitions.



Straight leg lifts to keep muscle strength

Contract thigh by locking knee. Raise heel off floor about 10 inches then lower leg back down to floor.

Perform 3 sets of 10 repetitions



Heel slides to prevent knee stiffness

Sitting or lying, slide heel back and forth along smooth surface. Goal is to increase hip and knee range of motion. Do 2-3 minutes per slide.



Toe pumps to prevent ankle stiffness

Bend ankle up toward your body as far as possible.

Now point toe away from your body.

