



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
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Post-Operative Instructions for Shoulder Debridement

Active Range-of-Motion

Active range-of-motion (AROM) means that you move your arm with the use of your own muscles. Perform the following AROM exercises 3 times a day, with 10-15 repetitions each. You should perform these in a range of some discomfort, but not pain!

Forward Elevation

With your arm straight down to your side, slowly raise your arm forward as high as comfort permits. You should feel a stretch (some pain is normal). Hold it up for 10 seconds and then lower your arm in a slow and controlled manner.



Internal/External Rotation

With your elbow bent to 90° and your arm at your side, slowly rotate your arm into your belly. Hold it there for 10 seconds and then slowly rotate your hand away from your body. You should feel a stretch (some pain is normal). Hold it for 10 seconds and then repeat.



Abduction

Beginning with your arm down at your side slowly raise your arm away from your body. Raise your arm as high as comfort permits (a gentle stretch and some pain is normal). Hold it there for 10 seconds, and then gently lower it back down to your side.

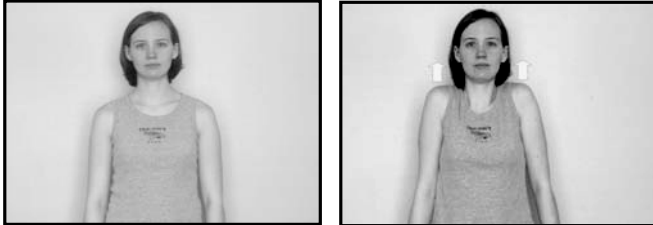




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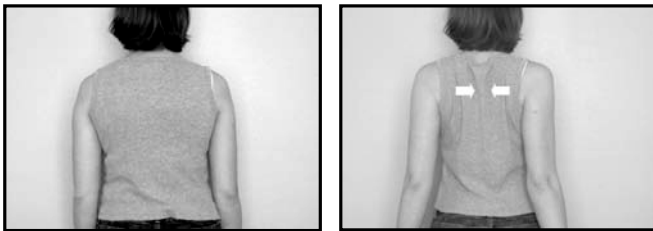
Shrugs (Scapular Stability)

To perform a shrug simply raise or “shrug” your shoulders up while maintaining good posture.



Retraction (Scapular Stability)

To perform this exercise, maintain good posture and pinch your shoulder blades together.



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