

## **Home Exercise Program for Initial Shoulder Rehabilitation after Shoulder Arthroscopy**

For patients exercising at home, Dr. Chalmers recommends heat before exercises and ice afterwards. Most patients using a home exercise program should perform their exercises 3-4 times per day, performing three sets of ten repetitions for each exercise.

**Patients who had a rotator cuff repair should not perform these exercises.**

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### **Pendulums**

This shoulder exercise can be helpful to reduce pain and gently increase flexibility in the shoulder. While standing or sitting, bend forward at the waist and allow the arm to hang loosely. Then softly rotate the arm clockwise and counterclockwise like a pendulum.

