

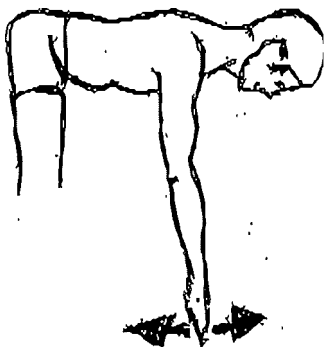
## Shoulder Passive Range of Motion

T.J. Panek, MD

### PENDULUM EXERCISES – CODMAN:

- Bend at the waist and lean forward.
- Sway your whole body slowly from side to side or from forward to backwards.
- Let your body motion move your arms.
- Remember your arms are RELAXED.

Swing the arm:      1. Front and back  
                                 2. Side to side  
                                 3. Clockwise and counter clockwise



### PROM (PASSIVE RANGE OF MOTION):

This means that there is no voluntary muscle contraction from you, when you are performing your exercises. These exercises are usually performed with "outside assistance" meaning with gravity, or another person, or an object to help you move your surgical arm. When doing these exercises your muscles should be RELAXED.

These exercises may make you sore, especially in the first few days. A good guide is if you are sore for an hour or longer after doing the exercises, you should back down on the frequency and intensity. Always remember that applying ice to your surgical arm will continue to help you if you are sore. If you continue to have questions or pain, contact your physician's office.

Remember to remove a sling or immobilizer before doing any of these exercises and when you are wearing the sling or immobilizer, exercise your elbow and wrist as instructed.