



POST-OPERATIVE EXERCISES FOR LABRAL REPAIR **DR. ROGER CHAMS**

These exercises should be performed starting upon return home from surgery, three times a day until your first physical therapy visit.

1. BALL SQUEEZE

Grip a small ball or small towel roll and squeeze it with your hand. Repeat. Perform 3 sets of 10 repetitions. Complete 3 sets per day.



2. ELBOW BENDS

Start with your arm at your side. Bend your elbow to raise your forearm/hand upwards as shown. Then return to starting position. Perform 3 sets of 10 repetitions. Complete 3 sets per day.



3. SCAPULAR RETRACTIONS (SHOULDER BLADE SQUEEZES)

Draw your shoulder blades back and down, pulling them down away from your ears. Perform 3 sets of 10 repetitions. Complete 3 sets per day.



4. FOREARM ROTATIONS

While in the sling, rotate your forearm so that your palm is directed upward and then downward as shown. Perform 3 sets of 10 repetitions. Complete 3 sets per day.

