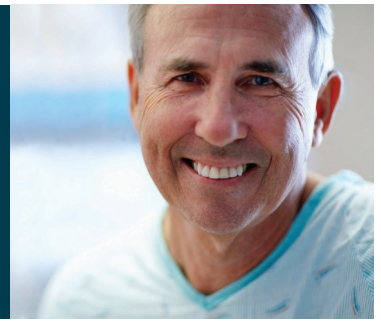


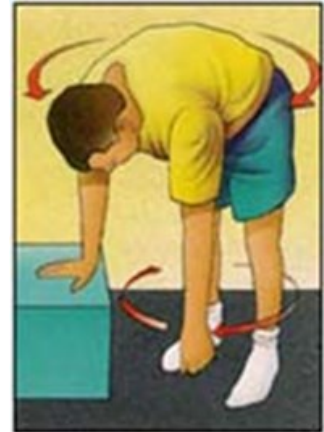
Orthopedic Trauma

Proximal Humerus & Clavicle Range of Motion



Pendulum, Circular

Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions per day.



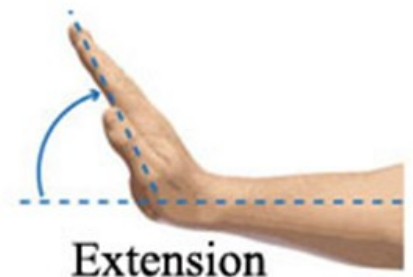
Elbow Extension and Flexion

Come out of the sling several times throughout the day to work on gently elbow range of motion and avoid developing stiffness. Remove the sling and let your elbow gently straighten out with gravity. Hold for 30 seconds and gently flex back up to starting position.



Wrist Extension and Flexion

Hold for 30 seconds and gently flex back up to starting position.



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