-The exercises below are for basic motion while you are in a sling. **Begin with 10 repetitions** of each exercise and **work up to 20 repetitions**. Complete **3-5 sessions per day**.

-If you experience more than a mild increase in pain or develop questions about the exercises or your condition, contact the orthopaedic trauma team at Sports & Orthopaedic Specialists: 952.946.9777

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1 **PENDULUMS**
Take your arm out of your sling and allow it to hang. Complete small motions with your shoulder. Start at 4 inches & work up to 2 feet in diameter in four directions: front to back, side to side, clockwise circles, counterclockwise circles.

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2 **ELBOW RANGE OF MOTION**
Sit or stand with tall posture. Bend the elbow, bringing your hand toward your chest. Then return to start position.

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3 **SHOULDER ROTATION**
Sit or stand with tall posture. Begin with your arm across your stomach. Rotate your forearm away from your body. The goal is to point straight ahead. Then return to start position.