

Exercises Before and After Surgery

To help speed your recovery, practice these exercises *BEFORE* your surgery (within pain limitations).

Breathing Exercises

Breathing exercises help protect you from acquiring pneumonia. Use your incentive spirometer every hour, doing five to 10 breaths each time while you are awake.

1. Sit up straight and tall, and hold the spirometer in your hands.
2. Take a deep breath in and let it out.
3. Place the mouthpiece in your mouth. Make sure your lips completely cover the mouthpiece.
4. Breathe in slowly through the mouthpiece (like sucking through a straw).
 - ▶ Keep the range indicator (little marker on the side chamber) in the target zone.
 - ▶ Breathe in until the piston (large marker in large chamber) makes it as high as you can.
5. Hold your breath in for three seconds and then let it out.



Repeat this exercise while you are in the hospital and continue doing so throughout your recovery.

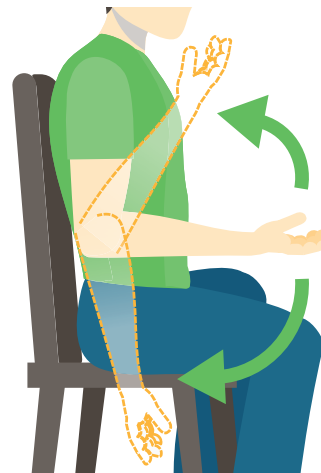
At-Home Exercises

Your therapist will confirm which exercises your physician wants you to do.



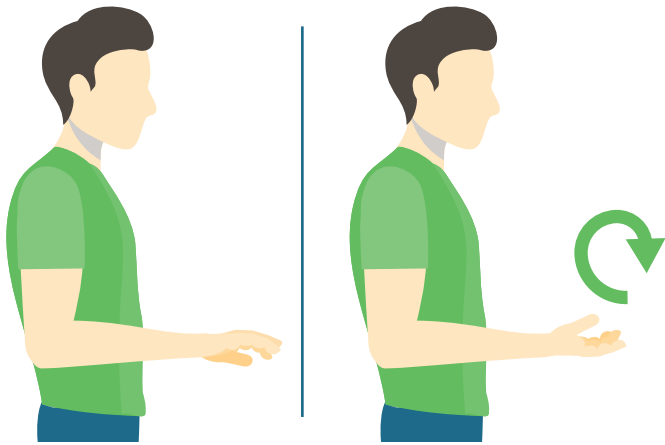
Pendulums

- ▶ Bending over at the waist, let your affected arm relax. Gently move your body to swing your arm with gravity in circles both clockwise and counter clockwise.



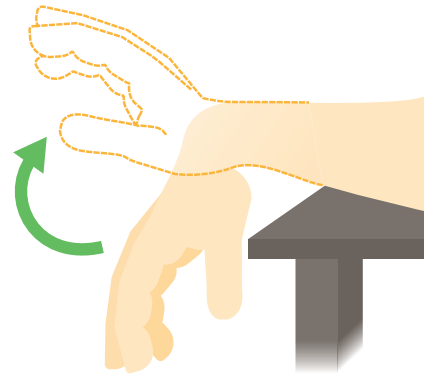
Elbow Flexion/Extension

- ▶ Sit or stand.
- ▶ Begin with arm at side, elbow straight, palm up.
- ▶ Bend elbow upward.
- ▶ Return to starting position.
- ▶ Perform one set of 10 repetitions twice a day.
- ▶ Perform one repetition every 4 seconds.



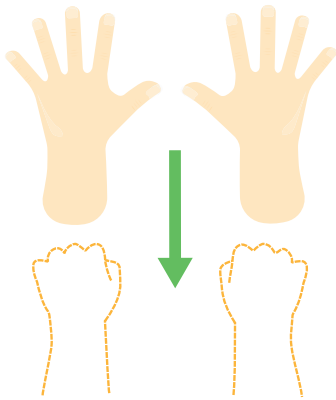
Forearm Supination/Pronation

- ▶ Stand or sit, arm at side, elbow bent to 90 degrees, palm down.
- ▶ Rotate elbow/forearm palm up through available range.
- ▶ Return to start position.
- ▶ Perform one set of 10 repetitions twice a day.
- ▶ Perform one repetition every 4 seconds.



Wrist Flexion/Extension

- ▶ Keep elbow tight at side. Bend wrist up and down. Do not move shoulder. Only move wrist.
- ▶ Perform one set of 10 repetitions twice a day.
- ▶ Perform one repetition every 4 seconds.



Finger Open/Close

- ▶ Begin with fingers straight and spread apart.
- ▶ Close hands into a fist.
- ▶ Open and spread fingers.
- ▶ Repeat.
- ▶ Perform one set of 10 repetitions twice a day.
- ▶ Perform one repetition every 4 seconds.