

Exercises After Humerus Fracture

Repeat each exercise 10 times, 5 times a day.



Lean forward on stable surface. Let arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Holding arms with hands under elbows, move side to side as if rocking a baby. Can bend forward at waist for easier movement.



Pull arms back, pinching shoulder blades together. Hold 5 seconds. Relax. (If necessary, steady self with arms back on support high enough so legs need not bend).

If you have any questions or concerns, contact the doctor or physiotherapist who provided you with these exercises