Range of Motion Exercises for the Pacemaker Patient

These exercises are designed to prevent frozen shoulder and increase range of motion after having a pacemaker implant. You should do 3 sets of 10 repetitions daily for the first week following your implant. Make sure to follow your specific doctor’s restrictions for arm movement.

**Arm Dangle**

While standing and bending slightly forward from the waist, let your arm dangle straight towards the floor. Concentrate on moving your arm in a circular motion from your shoulder, drawing a circle with your fingers.

**Let Your Fingers Do the Walking**

1. Facing the wall, approximately 1 to 2 feet away, extend your arm and walk your fingers up the wall, just to shoulder height, and then back down. Again, concentrate on moving primarily from the shoulder.

2. Next, stand 1 to 2 feet away from the wall and face side ways. Extend your arm out and walk your fingers up and down the wall, again only going to shoulder height. Try to keep your arm straight during this motion.

**Rotator Cuff**

Start this movement with your arm at a 90° angle. Your arm should be bent at the elbow joint with your hand next to your head. Rotate your arm downward until your hand is near your hip. Your elbow should remain at 90°.