Post-op shoulder range-of-motion log

After mastectomy or shoulder surgery, regaining range of motion takes weeks of consistent gentle work. *Track weekly. Bring to PT and follow-up appointments.*

ABOUT MY PROCEDURE

PROCEDURE + DATE

PT INSTRUCTIONS / EXERCISES

WEEKLY ROM LOG

WEEK	FORWARD FLEXION (°)	ABDUCTION (°)	EXTERNAL ROTATION (°)	INTERNAL ROTATION	NOTES

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

By the Inspired Comforts editorial team · **inspiredcomforts.com**