

7. For triceps exercises, triceps pushdowns on a pulley system are safe as well as bent-over triceps extensions.
8. When doing the upright-rowing exercise, keep your grip at least 12 inches apart. When pulling the bar upward toward the chin, do not raise the bar higher than the point at which the elbow reaches shoulder level.

Exercises Usually Problem-Free

1. Biceps Curls
2. Cable and bent-over rowing
3. Shoulder shrugs

If your goal is returning to high-level weight training or weight lifting, it will take 3 to 6 months of cautious, gradual progression to return to top form. In general, avoid increasing the amount of weight lifted by more than 10-15% (at a time) of your present working weight every 10-14 days.

Remember: Weight training is beneficial to improve muscular strength and protect the joints from injury. If done improperly by using too much weight and/or improper technique, weight training can cause serious injury.

It is recommended that you do not return to bench pressing or chest fly exercises until after 6 months post-surgery. Consult with Dr. Gill and your physical therapist in cases where bench press and other Pectoral exercises will be part of your conditioning program.