



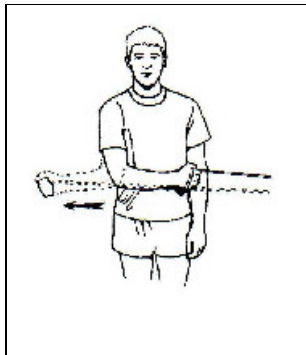
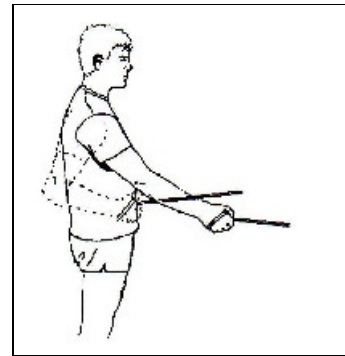
PHASE 3 EXERCISES 3 Months - 6 months

THERABAND EXERCISES

- Perform theraband exercises in series of ten, three times (x30), twice a day

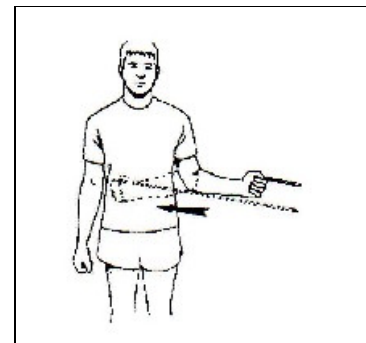
1. Theraband rowing

Tie theraband to a door handle and hold each end
Pull both arms back in a rowing motion
Keeping elbows bent, pinch shoulder blades and upper arms together



2. Active resistance external rotation

Tie theraband to door handle
With operated arm in front of you, elbow by your side, pull theraband away from your body
Keep arm parallel with the floor



3. Active resistance internal rotation

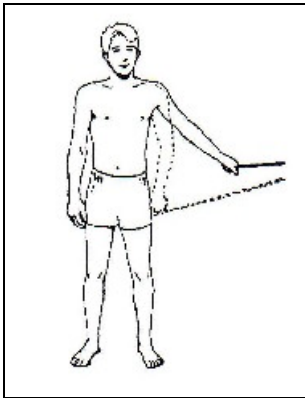
Tie theraband to door handle with elbow at your side, pull theraband inwards towards the front of your body
Keep your forearm parallel with the floor



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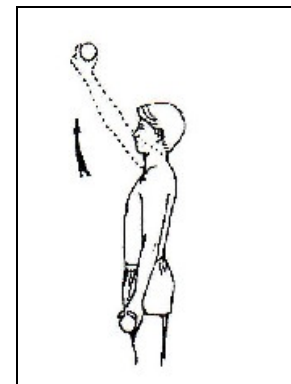
4. Active resistance adduction

Tie theraband to a hook at shoulder height
With operated arm away from your side,
pull down bringing your arm in to the side,
towards the hip

- Perform the following ten times, twice a day

1. Weighted Straight arm lifts

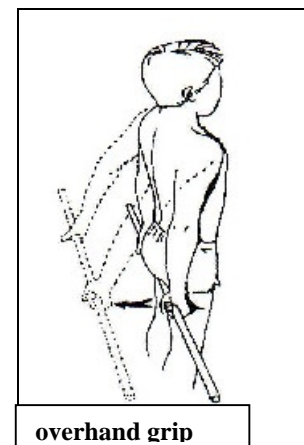
Holding a light weight (500g) lift operated
arm forward up towards the ceiling
Keep your elbow straight and thumb facing up
Lift operated arm out to the side of the body and
up above your head



Gradually increase weight – 1 kg, 2kg, 5kg,

2. Shoulder extension

Hold walking stick *overhand* grip
behind your back
Push stick backwards away from your back



overhand grip