

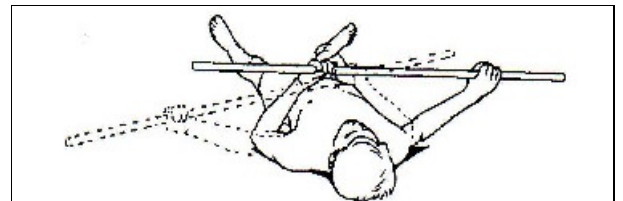


PHASE 2 EXERCISES 6 Weeks – 3 Months STABILISATION

- Perform a series of ten, twice a day

1. External / Internal rotation

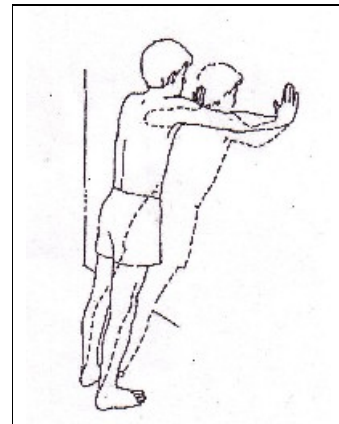
Lay down on your back
Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90°
(See picture)



Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.

2. Wall push up

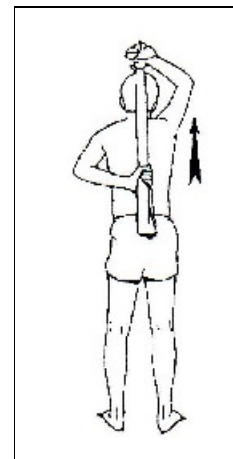
Place hands on wall at shoulder height
Lean into wall, bending at the elbow
and push back, like a push up



- Perform the following ten times, once a day

1. Active supported external rotation

Sit at a table with elbows bent at 90°, by your side and supported on top of the table
Keeping your shoulder blades still, slide the operated side forearm so that it swings outwards, away from your body



2. Back towel stretch

Grasp towel in both hands
Place operated arm behind back and pull unaffected arm up, pulling up affected arm behind the back

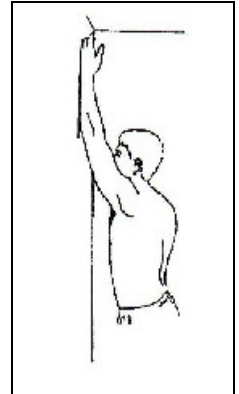
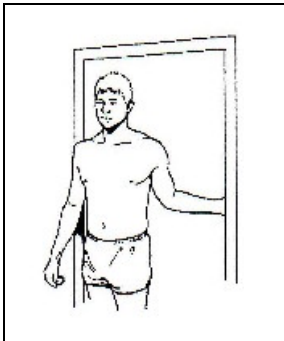


PHASE 2 EXERCISES 6 Weeks - 3 months STABILISATION

- Perform the following five times, once a day, holding each exercise for ten seconds

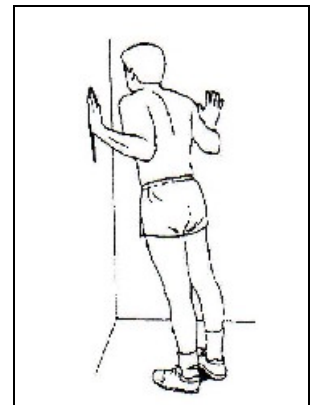
1. Flexion stretch

Place palm side up against a wall and slide arm up wall whilst getting closer to the wall



2. External rotation stretch

With elbow by your side and bent at 90°, place palm on side of door frame. Slowly turn your whole body away from the door frame so that your arm is stretched out to your side



3. External rotation, abduction stretch

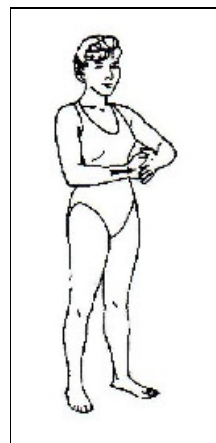
Stand in corner of a room, a few feet away
Place hands on wall at shoulder height and lean forward giving a comfortable stretch

ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

1. Isometric flexion

With forearm in front of your body push with operated hand, towards you, against unaffected hand which is kept still, providing resistance





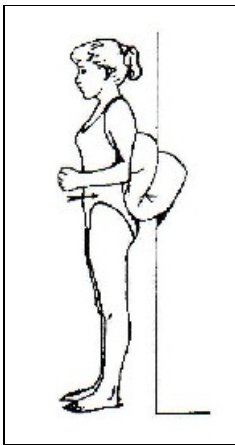
PHASE 2 EXERCISES 6 Weeks - 3 months STABILISATION

ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

2. Isometric extension

Push elbow backwards into pillow



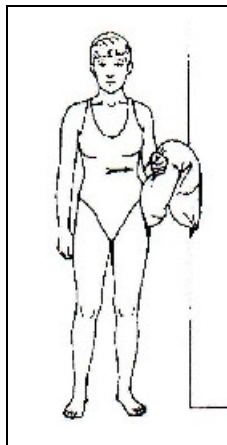
3. Isometric adduction

Squeeze pillow with elbow and arm into your side
Keep neck relaxed and shoulder blades pinched together



4. Isometric external rotation

Keeping your elbow by your side, press forearm so that it swings outwards in the direction of the wall



5. Isometric internal rotation

With elbow by your side, and using operated hand, push against unaffected hand, which is kept still, providing resistance

