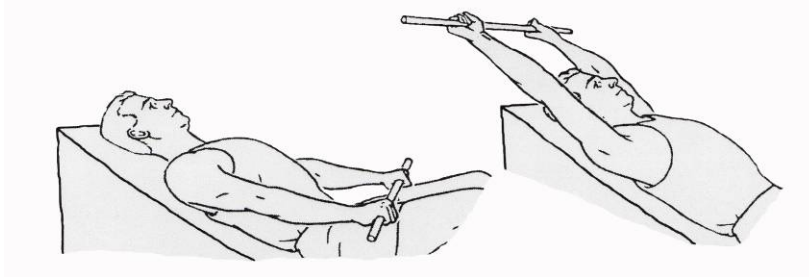


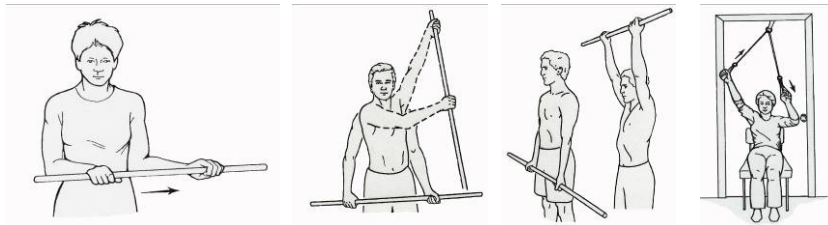
Active Assisted Motion (11-14 Weeks after Surgery)

Eleven weeks after surgery the patient's back is propped up approximately 45 degrees and uses the unaffected arm to move the postoperative arm (or a cane or stick) into forward elevation, external rotation, and abduction. After twelve weeks, the patient can do these exercises while upright. *These exercises can be done daily.*



45 DEGREE ACTIVE ASSISTED RANGE OF MOTION

While propped on a pillow at 45 degrees and using a stick or cane, the normal arm will move the affected arm over the head. The arm is moved in forward elevation, abduction, and external rotation. This begins 11 weeks after surgery and is done daily.



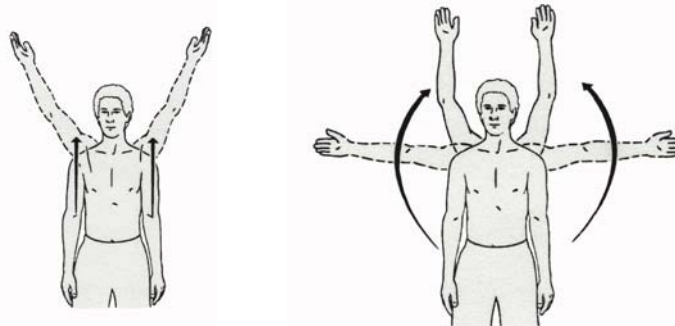
UPRIGHT ACTIVE ASSISTED RANGE OF MOTION

Twelve weeks after surgery using a stick or cane, the normal arm will move the affected arm in external rotation, abduction and forward elevation while upright. Sitting in a chair while using pulleys is allowed at this time as well. *These exercises should be done daily.*

Phase 3

Active Motion (14-18 Weeks after Surgery)

While continuing to work on active assisted range of motion, the patient now begins active range of motion in forward elevation, external rotation and abduction. In addition, isometric strengthening exercises begin at this time. *These exercises can be done daily.*



ACTIVE RANGE OF MOTION

While upright, the patient moves the arm in front of the body (forward elevation) and to the side of the body (abduction).

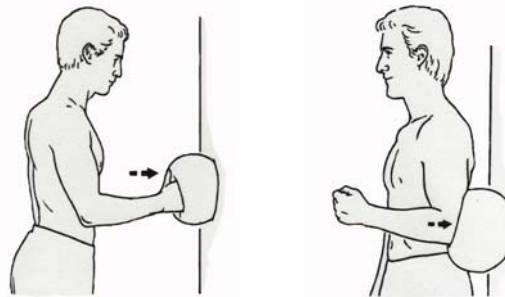


ACTIVE RANGE OF MOTION

It is important to avoid "hiking" the shoulder. Place the uninvolved hand on the affected shoulder or do these exercises in front of a mirror to avoid this.

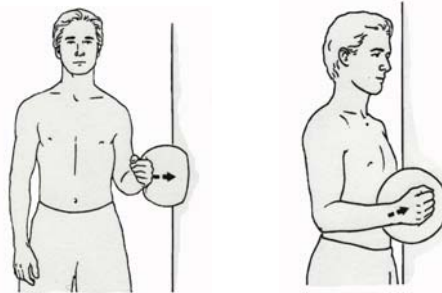
Isometric Exercise (14-18 Weeks after Surgery)

Beginning 14 weeks after surgery the patient can begin isometric exercises. Using a pillow or folded towel the patient pushes against the wall without moving the shoulder



ISOMETRIC PUSH AND PULL

With a pillow against the wall, and the arm tucked close to the body, create pressure with the fist for forward push, and with the elbow to push backward. *Hold the position for 15 seconds then rest for 30 seconds. Repeat this 10-15 times. This can be done daily.*



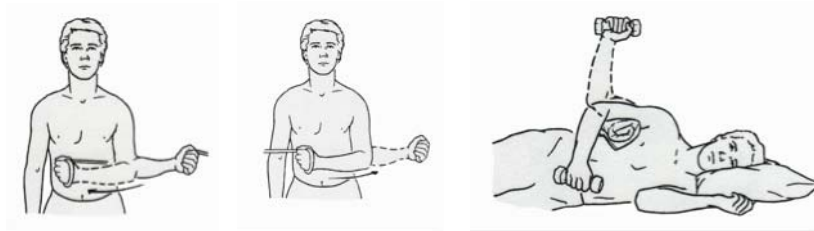
ISOMETRIC EXTERNAL AND INTERNAL ROTATION

With a pillow against a wall, and the arm tucked close to the body, create pressure with the back of the hand for external rotation and with the palm of the hand for internal rotation. Hold the position for 15 seconds then rest for 30 seconds. Repeat this 10-15 times. This can be done daily.

Phase 4:

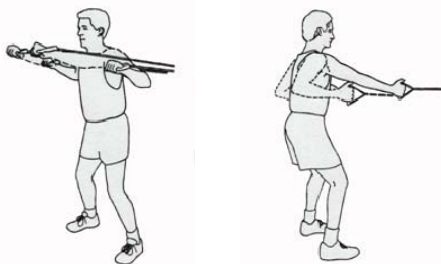
Resisted Exercises (18-22 Weeks after Surgery)

After 18 weeks, the patient can begin strengthening with resisted exercise using elastic bands and/or hand weights. *Resisted exercises should be done 3 days per week. Each exercise should be performed as 10-15 repetitions followed by 2 minutes of rest, and repeated 3-4 times.*



ROTATOR CUFF STRENGTHENING

With the arm tucked close to the body, use rubber tubing to provide resistance to internal rotation of the arm. Turn around to use the tubing to provide resistance to external rotation of the arm. Alternatively, you may lie on your side and use small hand weights to provide external rotation resistance. *Do 10-15 repetitions, for 3-4 sets, for 3 days/week.*



DELTOID STRENGTHENING

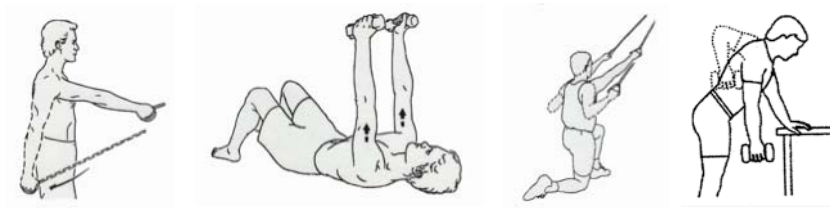
With the arm tucked close to the body, use rubber tubing to provide resistance to forward punches. Turn around to use the tubing to provide resistance to pulling the arm. Do 10-15 repetitions, for 3-4 sets, for 3 days/week.



DO NOT DO FULL-CAN OR EMPTY-CAN EXERCISES! These place too much stress on the rotator cuff.

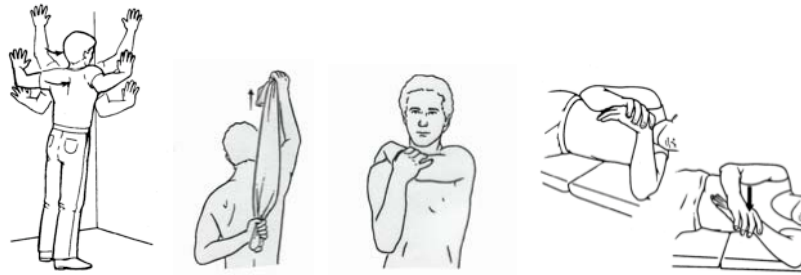
Resisted Exercises (18-22 Weeks after Surgery)

These exercises include scapula strengthening and light stretching.



RESISTED SCAPULA STRENGTHENING

Scapula strengthening exercises include locked elbow extension to work the trapezius, press-up plus - reaching toward the ceiling to work the serratus. Rows may be done kneeling with elastic bands, and upright with a hand weight. *Like other strengthening exercises, each exercise should be performed as 10-15 repetitions, followed by 2 minutes of rest, and repeated as 3-4 sets. Strengthening exercises should be done 3 days each week.*



SHOULDER STRETCHING

Stretching should be done daily. Hold each stretch for 15 seconds, rest for 15 seconds, and repeat 5 times. The corner stretch will stretch the anterior shoulder. The towel stretch, cross - body stretch, and the sleeper stretch will stretch the posterior shoulder. Begin with gentle stretching. After 22 weeks, aggressive stretching may be used if needed.