

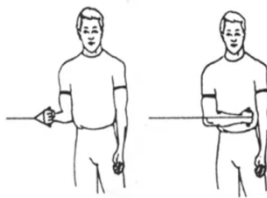


Rehabilitation Stage 3 – Strengthening Phase (>12 weeks)

- Remember it has been a long time since you have used your shoulder muscles. It will take time to rebuild muscle tone
- and strength. We encourage you to slowly ease back into activity. Do not be discouraged as it can take a full year to regain full strength and flexibility.
- These bands are purchased on amazon or at a local sporting goods store. Begin with the lowest resistance and work your way up.
- **Complete 10 repetitions of each of the following exercises 3 times per day**

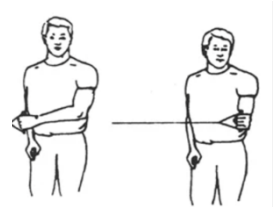
Internal rotation

Keeping your elbow at your side, Rotate your arm inwards towards the body. Ensure your forearm is parallel to the floor.



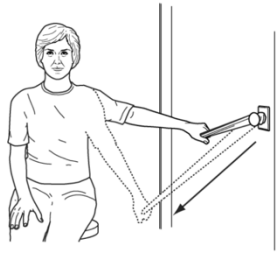
External Rotation

Keeping your elbow at your side, Rotate your arm out away from your body. Ensure your forearm is parallel to the floor.



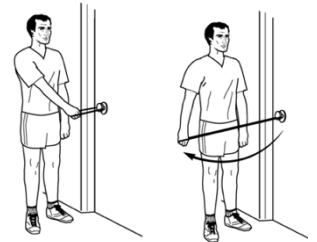
Shoulder Adduction

Starting with your arm lifted from your side, pull your arm back down towards your side.



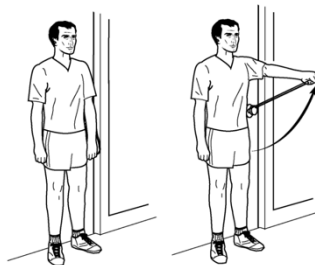
Shoulder Abduction

Starting with your arm at the side slightly in front of your stomach, raise your arm from midline out to the side.



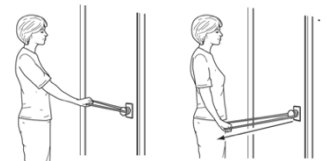
Shoulder Flexion

Keep the elbow straight and raise the arm forward away from the body.



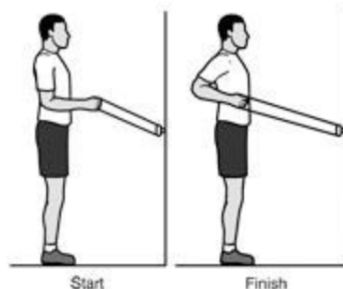
Shoulder Extension

Begin with arm lifted in front of body, keep the elbow straight and pull the arm back.



Shoulder Rows

Keeping your elbows tucked in at your side, pull both arms back keeping your elbows parallel to the floor.



Shoulder Shrugs

With your arms at your sides raise your shoulders towards your ears.

