

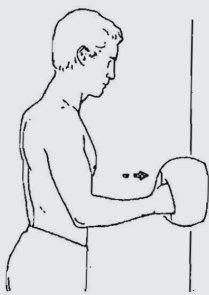
Shoulder Home Exercise Program EARLY WEEKS 8-12 | LATE- AFTER 12 WEEKS

General Guidelines: Be conscious and aware of your posture at all times. Avoid any exercise that elicits pain. "Tolerable discomfort is okay!" Start with light dumbbells or thera-bands with the late phase exercises and advance slowly.

Exercise Prescription: Perform for 10-15 minutes, 3-4 times per week. Continue with phase 2 stretches daily.

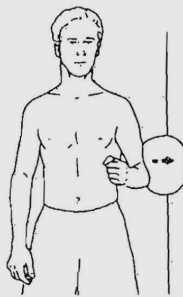
EARLY: WEEKS 8-12

1. ISOMETRIC FLEXION



Using wall for resistance, press involved fist into ball using moderate pressure.

2. ISOMETRIC ABDUCTION



Using wall to provide resistance, and keeping involved arm at side, press back of hand into ball using moderate pressure.

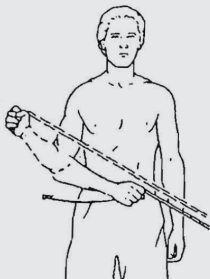
3. ISOMETRIC EXTENSION



Using wall for resistance, press back of involved arm into ball using moderate pressure.

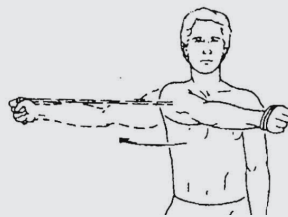
LATE: AFTER 12 WEEKS

1. RESISTED EXTERNAL ROTATION



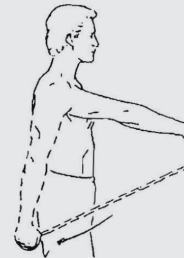
Hold tubing in involved hand, elbow at side and forearm across body. Rotate forearm out.

2. RESISTED HORIZONTAL ABDUCTION



Hold tubing in involved hand, elbow straight, arm in, parallel to floor. Pull arm out from side through pain-free range.

3. RESISTED EXTENSION



Hold tubing in involved hand, arm forward. Pull arm back, elbow straight.