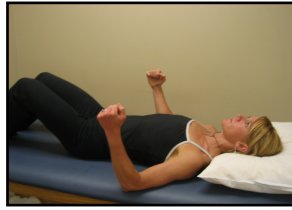


PHASE II: Active Range of Motion

Bench Press Series

Perform 2-3 sets, 10-15 repetitions, 1-2 times a day

Lie on your back with your elbows bent and at your side. With your thumbs pointing backward, perform the modified bench press. Progress to an increased angle of forward elevation, then to a modified military press. Do not press arms overhead, and avoid impingement symptoms. Progress from reclined, to semi-reclined, to sitting as able. This is also known as the lawn chair progression.



Sidelying External Rotation

Perform 2-3 sets, 10-15 repetitions, 1-2 times a day

Lying on your uninvolved side, place a towel roll between your elbow and your side. Keeping your elbow at 90 degrees, rotate your forearm up and down.



Salutes

Perform 2-3 sets, 10-15 repetitions, 1-2 times a day

In a seated position, bring involved hand to your forehead as if saluting.



Prone Horizontal Abduction Progression

Perform 2-3 sets, 10-15 repetitions, 1-2 times a day

Lying on your stomach with the shoulder close to the edge of table or bed, bring arm out to the side with elbow bent. Progress by completing with elbow extended. Finally, bring arm out to side with your thumb pointed up. Raise arm only to the level of your body.



Prone External Rotation

Perform 2-3 sets, 10-15 repetitions, 1-2 times a day

Lying on your stomach with the shoulder close to the edge of table or bed, bring arm out to side with your elbow bent. Rotate shoulder so forearm is parallel with the ground. Raise arm only to the level of your body.



PHASE II: Active Range of Motion

Prone Extension Progression

Perform 2-3 sets, 10-15 repetitions, 3-4 times a day

Lying on your stomach with the shoulder close to the edge of table or bed, bring arm back with your elbow bent to 90 degrees. Progress by bringing the arm back with the elbow extended. Finally, bring the arm back with your thumb pointed out to the side. Raise arm only to the level of your body.



Prone Lift-Off

Perform 2-3 sets, 10-15 repetitions, 3-4 times a day

Begin lying on your stomach with the hand at the small of your back. Lift and hold your hand off of your back for 5 seconds.



Open Chain Proprioception

Perform 2-3 sets, 10-15 repetitions, 3-4 times a day

Lying on your back, raise your arm to 90 degrees of flexion. Draw circles, then the alphabet in the air with your hand. Keep shoulder blades set.

