

## PHASE II: Isometrics

When allowed by your physician, begin these exercises lightly with 25% effort and progress to 50-75% effort. Follow pain precautions.

### External Rotation

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

Set the shoulder blade back and down. Tuck a towel roll between your elbow and side. Keeping your elbow at your side and bent to 90 degrees, gently press your wrist outward into your opposite hand meeting your own resistance. Gradually increase your pressure for the first 2 seconds, then hold for 6 seconds, then gradually decrease pressure for the last 2 seconds.



### Internal Rotation

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

Set the shoulder blade back and down. Tuck a towel roll between your elbow and side. Keeping your elbow at your side and bent to 90 degrees, gently press your wrist inward into your opposite hand meeting your own resistance. Gradually increase your pressure for the first 2 seconds, then hold for 6 seconds, then gradually decrease pressure for the last 2 seconds.



### Forward Elevation

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

Set the shoulder blade back and down. Tuck a towel roll between your elbow and side. Keeping your elbow at your side and bent to 90 degrees, gently press your fist forward into your opposite hand meeting your own resistance. Gradually increase your pressure for the first 2 seconds, then hold for 6 seconds, then gradually decrease pressure for the last 2 seconds.



### Abduction

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

Set the shoulder blade back and down. With your elbow at your side bent to 90 degrees, gently press your elbow outward into your opposite hand meeting your own resistance. Gradually increase your pressure for the first 2 seconds, then hold for 6 seconds, then gradually decrease pressure for the last 2 seconds.



### Rhythmic Stabilization

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

While lying on your back with the elbow bent to 90 degrees, don't allow your partner to move your arm into external and internal rotation. Be sure to set the shoulder blade back and down.

