

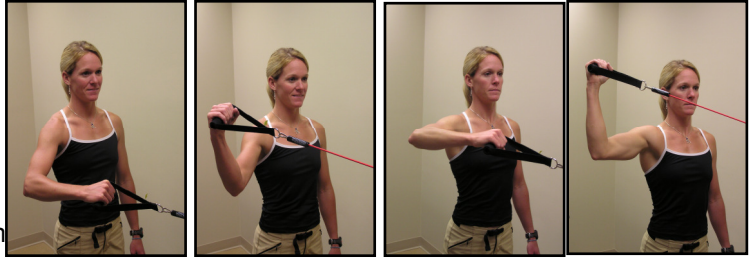
# PHASE IV: Advanced Strengthening and Proprioception

*Begin these exercises only with the supervision of your therapist or trainer.*

## External Rotation at 45 and 90 degrees

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

While standing, bend elbow to 90 degrees and bring arm out to a 45 angle. Rotate forearm outward. Progress by bringing arm up to a 90 degree angle and rotate forearm backward. Attach a sport cord when ready.



## Statue of Liberty

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

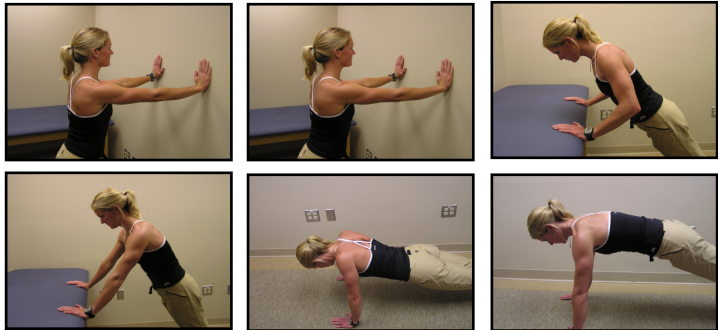
While standing, bend elbow to 90 degrees and bring arm out to a 90 degree angle. Attach a sport cord to your wrist, and hold a flex bar or small bodyblade in your hand. Oscillate your arm while maintaining 90 degrees at the shoulder.



## Push-ups Plus

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

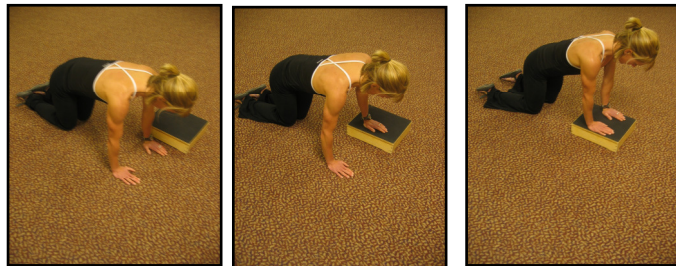
Begin with both arms against a wall. Gently lean into the wall, performing a push up, with an extra plus at the end of elbow extension to work the scapular stabilizers. Progress to table push ups, plank on knees and then full plank position when ready.



## Advanced Closed Chain Stability

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

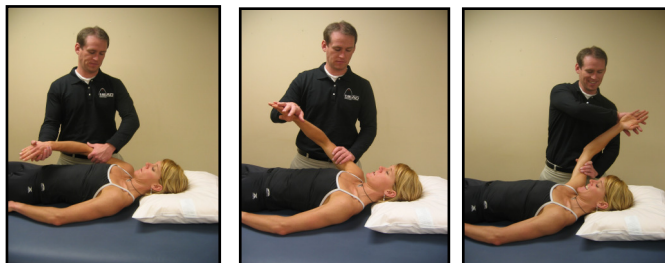
In an all fours position, step arms laterally up onto a 4 inch step, then step down. To progress try plank position or increase the height of the step.



## PNF with Resistance

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

Bring arm in a diagonal up and overhead, then down and across the body. Progress from supine to standing, then add manual resistance or use a sportcord when ready.



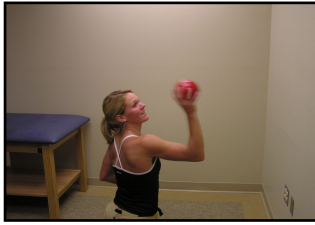
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### Decelerations

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

While sitting on a therapy ball or half-kneeling, have a partner stand behind you and toss a 2 pound medicine ball. Catch the ball with both hands, slowly lowering it down and across your body. Progress to a single handed catch or a heavier ball.



### Plyometric External Rotation

*Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week*

Lying on your stomach, with shoulder at 90 degrees, elbow at 90 degrees, and arm externally rotated, drop a small 1 pound medicine ball. Catch the ball, and control the arm as it lowers into internal rotation, then toss it back up in a reverse motion. Increase the tempo as able.

