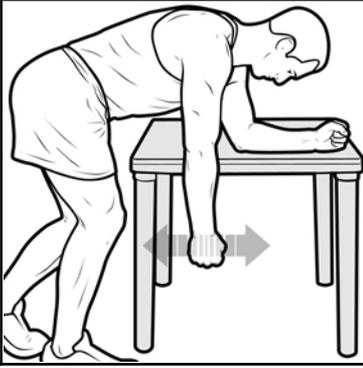


# POST OP SHOULDER REPAIR

## STAGE 1 REHABILITATION



### SHOULDER PENDULUMS: FRONT-BACK

While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm forward and backward.

SETS & REPS: 15 reps

FREQUENCY: 1-3 x day



### SHOULDER PENDULUMS: SIDE-TO-SIDE

While supporting yourself on a table, lean forward with your arm hanging down loosely until your shoulder reaches an angle of approximately 90°. Generating movement from your hips, gently swing your arm from side to side.

SETS & REPS: 15 reps

FREQUENCY: 1-3 x day

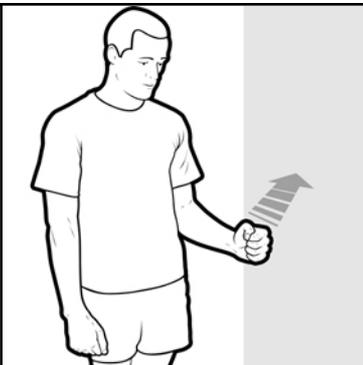


### ISOMETRIC INTERNAL ROTATION

With your arm against your side, elbow bent to 90° and wrist against a door frame, rotate your arm in towards the door frame. Ensure no movement occurs. Hold the contraction for 5 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: 1-3 x day

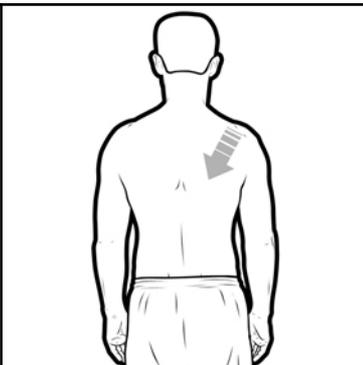


### ISOMETRIC EXTERNAL ROTATION

With your arm against your side, elbow bent to 90° and wrist in contact with the wall, rotate your arm out against the wall. Ensure no movement occurs. Hold the contraction for 5 seconds. Relax and repeat.

SETS & REPS: 5 reps

FREQUENCY: 1-3 x day



### SCAPULAR SETTING

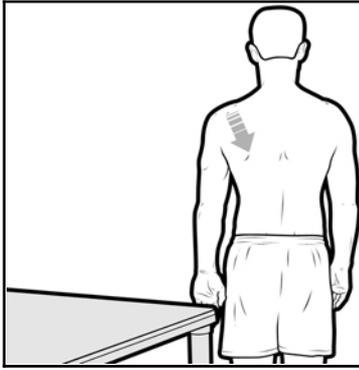
Slowly and with minimal effort try to 'make your shoulder wide' and hold this position with as little effort as possible. This should have the effect of moving the right shoulder blade (viewed from the back) in an anticlockwise rotation. Hold for 1-10 seconds then relax and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: 1-3 x day

# POST OP SHOULDER REPAIR

## STAGE 1 REHABILITATION

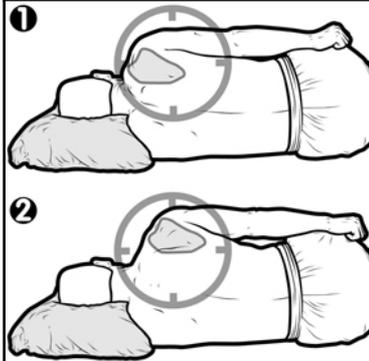


### LOW ROW

Place your hand on the edge of a table with your arm by your side (or very slightly extended). Push your arm straight back while pulling your shoulder blade 'down and in'. Hold for 10 seconds. Relax then repeat.

SETS & REPS: 10 reps

FREQUENCY: 1-2 x day

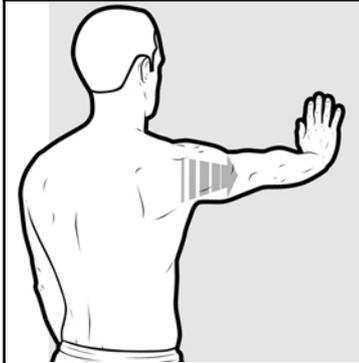


### SCAPULAR CLOCK

Lie on your side and set your shoulder blade back into a 'neutral' position (imagining a clock-face on the back of your shoulder blade). Move your shoulder blade upwards to the '12' position (1) then return to neutral. Move your shoulder blade forwards to the '3' position (2) then return to neutral. Repeat for '6' and '9' and always return to the neutral position.

SETS & REPS: 20 reps

FREQUENCY: Daily

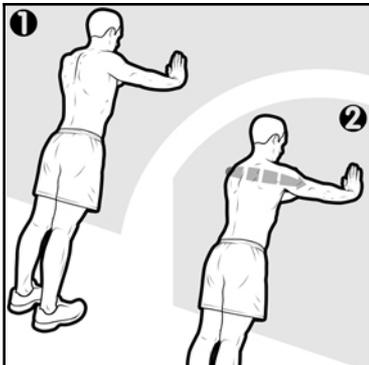


### SCAPULAR PROTRACTION

Standing, place your hand on a wall at shoulder height and keep your elbow straight. Start by moving your shoulder blade back towards your spine as far as it will go. Then move your shoulder blade forwards, as far as it will go, around your rib cage. Hold this position for 10 seconds then repeat.

SETS & REPS: 10 reps

FREQUENCY: 2-3 x day

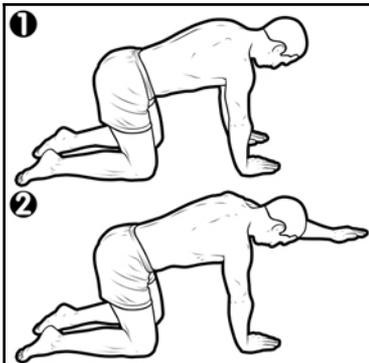


### SHOULDER PROTRACTION AGAINST WALL

Standing, lean forwards and place your hands on a wall and keep your elbows straight. Start by moving your shoulder blades back towards each other as far as they will go (1). Then move your shoulder blades apart as far as they will go around your rib cage (2). Hold this position for 1-10 seconds then repeat.

SETS & REPS: 10 x reps

FREQUENCY: 2-3 x day



### SCAPULAR PROTRACTION WITH ARM RAISE

On your hands and knees, move your shoulder blades as far as you can around your rib cage, raising your chest away from the floor (1). Now, raise your arm, maintaining this shoulder blade position (2). Slowly lower your arm and repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily