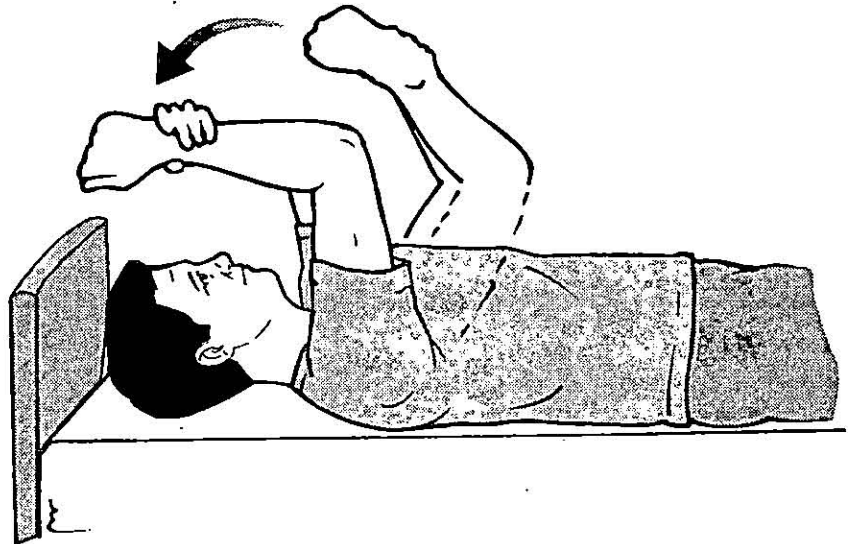

PHASE I STRENGTHENING

These exercises begin the strengthening process of your shoulder muscles. Muscles take a very long time, perhaps months, to become strong enough to even lift the weight of your arm. Your underlying condition led to weak muscles. Atrophy, or the wasting of muscle that may happen after surgery, can sometimes aggravate this weakness.

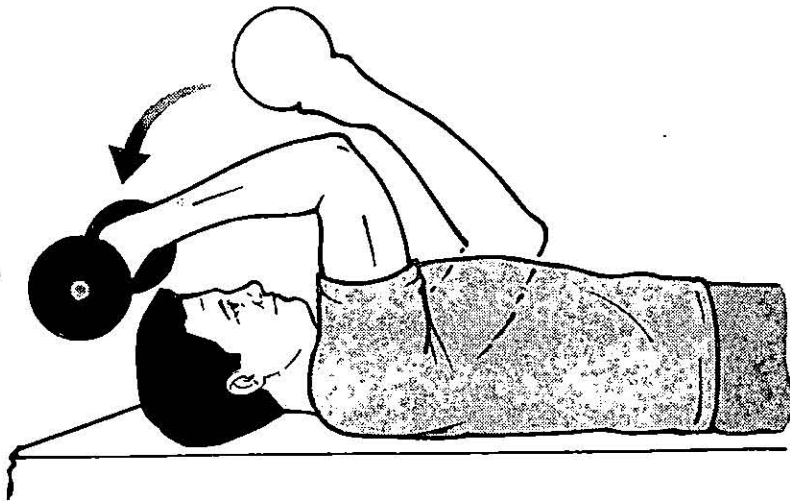
- Do ten repetitions of each exercise.
- Exercises must be done twice daily, every day of the week.
- Begin with no weights, then gradually increase by 1/2 pound increments.
- Spend at least 3 days with each weight level then advance to the next, if possible.
- Be patient, be persistent and do not become discouraged at what may seem like slow progress.

1. Strengthening shoulder exercises

Lay flat on your back. Use the normal arm to lift the weak arm upward, over your head. Then lower the arm slowly and steadily by itself. When you can lower the arm by itself, with good control, you may try lifting it without the use of the other arm, while still on your back. Repeat this exercise ten times at each session, doing two sessions daily.



This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.



2. Strengthening rotator cuff and elevators

Once you can do exercise #1, without pain and with control, add a 1/2 pound weight. Lift the weight up and down, in the same manner as in exercise #1. Do this, as shown, ten times in a smooth fashion. Once you can do this exercise without pain and without assistance from your good arm, increase the weight by 1/2 pound. Spend at least three days at each weight level.



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