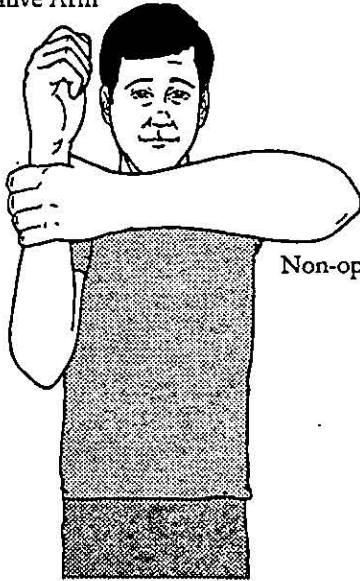

PHASE II STRENGTHENING

Operative Arm



Non-operative Arm

These shoulder exercises are designed to strengthen the external rotators and elevators of your shoulder. They should be performed in sets of ten, twice a day. Hold the position for at least 5 seconds.

1. Strengthening elevators against gravity

Stand erect and use the power of the non-operative arm to lift the weak arm straight overhead. **USE NO WEIGHTS.** Release the weak arm, lowering it gradually and steadily. Do not, however, attempt to lift the weak arm by itself.

2. Strengthening rotator cuff and elevators against gravity

Once you can do exercise #1 smoothly ten times, begin lifting 1/2 pound weight increments with the weak arm, using the **non-operative arm** to lift the weight as shown. As before, remove the supporting arm and lower the weak arm by itself. Only when you can lower 3 to 5 pounds with good control, may you lift the weak arm by itself.

Operative Arm



Non-operative Arm



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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.