

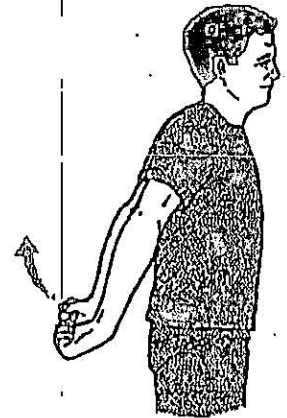
PHASE II STRETCHING

These exercises continue the stretching phase of your shoulder rehabilitation. With the permission of your doctor, you will begin these exercises two to four weeks following surgery.

- Do these together with the Phase I Stretching program.
- Repeat the appropriate exercise five times.
- Do these during 2 different daily exercise sessions.

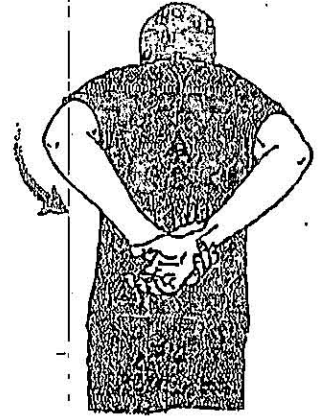
1. Assisted internal rotation

Place both arms behind your back, grasping the stick as shown. With the power of the non-operative arm, push the stick toward the ceiling, taking the stiff arm backwards as far as it will go. When your normal arm is able to grasp the hand of the stiff arm, you may exercise without the stick.



2. Advanced assisted internal rotation

Once you are able to perform the previous exercise without the stick, grasp the wrist of your stiff arm with the non-operative hand behind your back. Using the power of the normal arm, push the stiff arm up towards the ceiling, as far as possible.



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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.