



Knoxville Orthopaedic Clinic

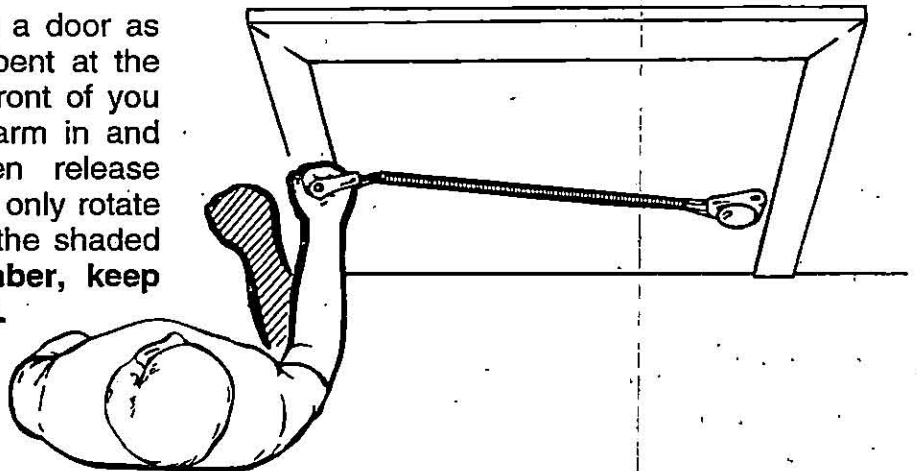
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## PHASE III STRENGTHENING

These exercises are designed to strengthen the remaining shoulder girdle muscles. As before, these should be performed twice daily in sets of ten.

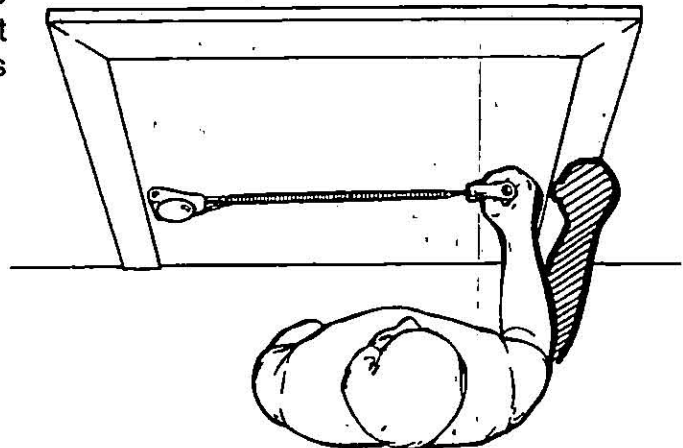
### 1) INTERNAL ROTATORS

Stand with the spring fixed to a door as shown. Your arm should be bent at the elbow and placed directly in front of you as shown. Slowly rotate the arm in and hold for five seconds. Then release tension **slowly**. The arm need only rotate a small amount as shown by the shaded area in the drawing. Remember, keep elbow tight against your side.



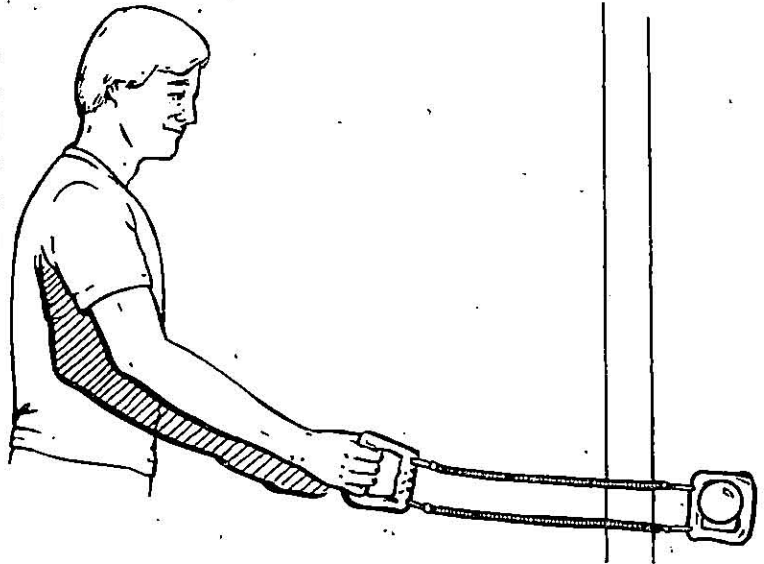
### 2) EXTERNAL ROTATORS

Hold the elbow bent at 90 degrees and keep the elbow at the side. Rotate the arm and hand out away from the chest but continue to keep the elbow at your side as shown. Release tension **slowly**.



### 3) EXTENSORS

Stand as shown facing the door to which the spring is attached. Hold the spring so it is taut with your arm in front as shown. Pull backwards on the spring **BUT the elbow should NEVER go behind your body as you pull back**. Then release tension **slowly**. Repeat ten times.



### 4) ANTERIOR DELTOID

Face away from the door as shown. Keep the elbow bent at 90 degrees and pull forward. Release tension **slowly**.

