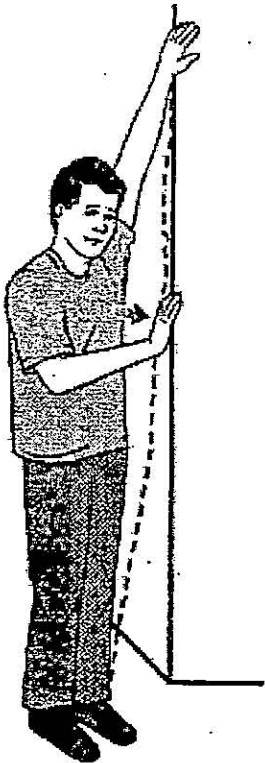


PHASE III STRETCHING

These exercises are designed to help you attain the last 20 degrees of your shoulder motion in all directions. Do these exercises twice daily, immediately following a hot shower.

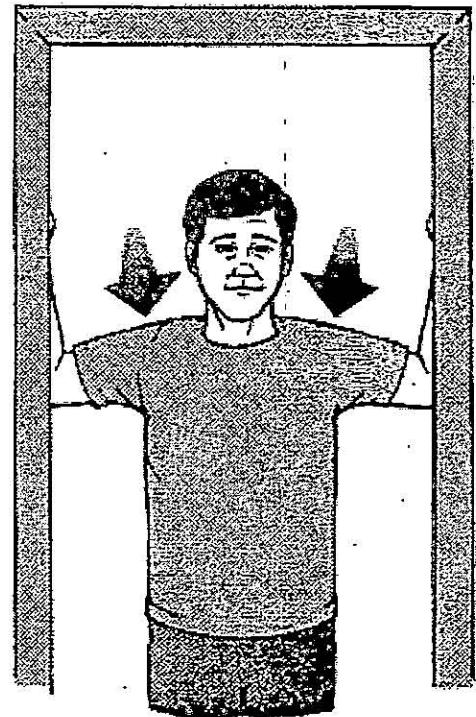


1. Assisted elevation

Find a "convex" corner in your house, as shown in the picture. Stand 12 to 14 inches away and at a 45 degree angle from the corner, as your doctor or therapist showed you. Using the power of your non-operative shoulder, lift the stiff arm up against the corner, **keeping the elbow straight**. Lean into the corner, allowing the arm to rise upward on the wall. Strive to have your armpit touch the wall. Maintain this stretch position for 5 seconds and repeat once.

2. Assisted external rotation

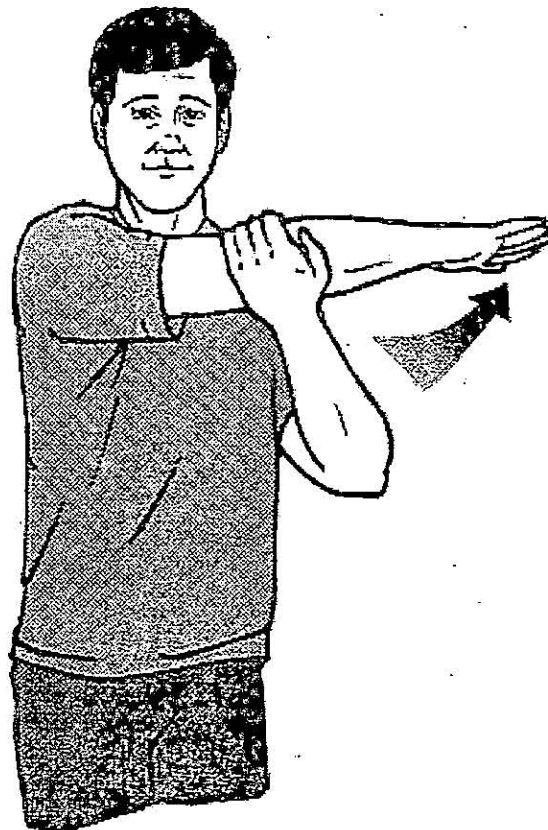
Stand in a doorway (or corner), as shown. Using the non-operative arm, lift and place the stiff arm on the door jamb (or frame of the door), so that your upper arms are parallel to the ground. Gradually lean inside the doorway and hold the position for 5 seconds. Relax and repeat this once.



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.

3. Assisted adduction

This exercise is important for maintaining a good sleeping position at night. Using your non-operative shoulder, lift the stiff arm until it is at **shoulder level and parallel to the floor**. Gradually pull the arm toward your body and up under your chin, as shown. Hold this stretch for 5 seconds and repeat once.



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