

Supine Active Assisted Forward Elevation(SAAFE)



- Lay flat on your back on a bed, couch, floor, or table without a pillow under the head.
- Use a pillow at the side of the body and under the arm so that the arm does not pass the plane of the body on return back to neutral position as this will stress the repair.
- Relax your involved arm onto your abdomen. Grasp the wrist of the involved shoulder.
- Gently and easily put traction on your arm as you lift your arm toward the ceiling using your uninvolved arm.
- Slowly take the involved arm over your head and down toward the table.
- Once you begin to feel a stretch, hold the stretch for 10-20 seconds then gently release the stretch and perform the exercise 10 times once a day unless otherwise instructed by your physician.
- **MAKE SURE THAT THE UNINVOLVED ARM IS DOING ALL OF THE WORK AND THE INVOLVED SHOULDER IS TOTALLY RELAXED DURING THIS STRETCH.**