

## Supine Active Forward Elevation (SAFE)



Begin by lying on your back and reaching for the ceiling. Under your own control take your arm back without the assistance of the other arm as far back toward the table as tolerated. Bend your elbow to create a shorter lever arm and bring the arm back to the original position. You may keep the arm straight instead of bending the elbow as you begin to get stronger. Once you are able to perform 15 reps easily and without any complaints you may increase the resistance by adding a 1# wt. in your hand. Perform this exercise 2 times per day, every other day. You may progress to Wedge Assisted Forward Elevation (WAFE) if directed by your therapist and physician.