

Wedge Assisted Forward Elevation (WAFE)



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 one pound weight in your hand. Perform this exercise once a day.

The progression of this exercise is to add a small wedge underneath the upper body to introduce more gravity. Once the patient can perform 15 reps on the small wedge a bigger wedge may be placed underneath the body, to again add more gravity and difficulty. The ultimate goal of this exercise is to transition from active forward elevation in the supine position to active forward elevation in an upright position by gradually increasing the resistance by use of the wedges.