

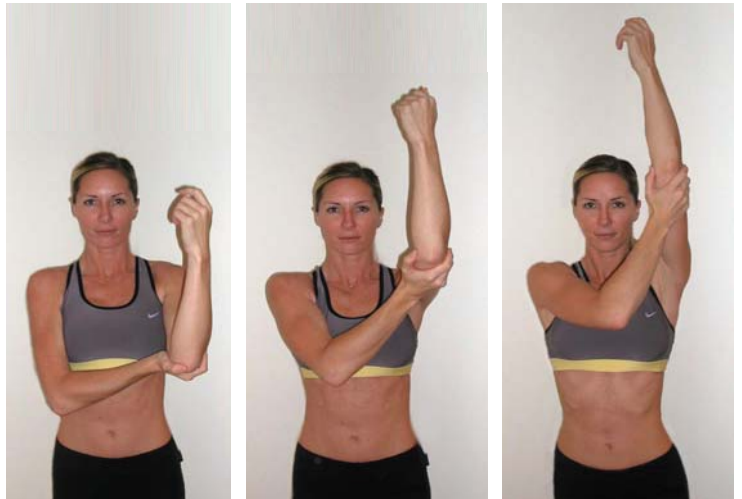
PHASE I strengthening

These exercises should be done at least **3** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



FORWARD ELEVATION: sitting, do the pulley exercise as you have learned. When you have your arm up as high as it will go, try to hold it up on its own, relaxing your grip in the handle. Try to lower your arm with as little help as possible from the pulley and the other hand. Relax, repeat 10 times.

7 SECOND LOWERING: standing in front of a mirror with elbow bent and hand up, try to raise the operated arm straight up (not forward). Help it by pushing up at the elbow with good hand. Push it up as high as it will go, **STRETCH**. Now try to hold the operated arm up by itself and lower it slowly by bending the elbow. If necessary, help it down a little with the good arm. After you are able to lower the arm by itself very slowly, then you can try to raise it without help from the good arm, **NOT BEFORE**. Rest and repeat 10 times.



FORWARD ELEVATION W/ WEIGHT: lying on back, with a light weight (1-5 lbs) bend elbow 90° and raise arm above head keeping arm close to your head. Try to lower your arm very slowly. The weight will make it easier to raise your arm and improve strength if it is lowered very slowly.



FORWARD ELEVATION: lying on back, bend elbow 90° and raise arm above head keeping arm close to your head. If you cannot raise arm alone use good arm to push operated arm at the elbow to get it up as high as possible then lower it very slowly to your side. Repeat 10 times.

