

PHASE I stretching

These exercises should be done **3** times a day. These exercises are to be done passively, that is, with the involved arm completely relaxed and the non-involved arm supplying the power. It is important that these exercises are done correctly and diligently. The more you work with your arm at home the better the result. You should have pain while doing these exercises; however, it will clear quickly after you finish. Your therapist will instruct you on the use of heat and ice.



PENDULUM: bend over at the waist supporting your upper body by holding onto a table with non-involved hand. Relax your shoulder and swing your arm using as little muscle as possible. Repeat 10 times clockwise, and counter-clockwise, then back and forth.



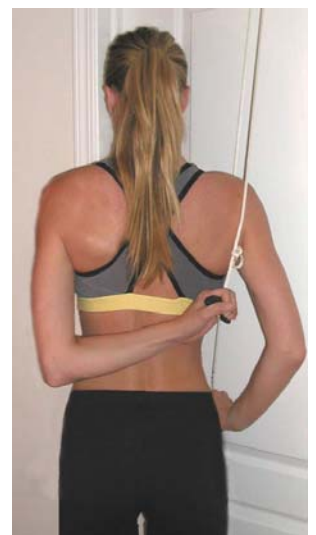
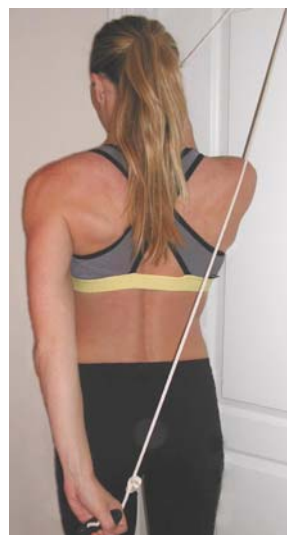
EXTERNAL ROTATION: standing next to wall on involved side gently block the elbow. Bend elbows to 90°. With a stick against your wrist, use good arm to push involved arm to the side. Hold 10 seconds, repeat 10 times.



EXTENSION LEAN: standing, hold a steady surface with a close grip, both hands. Step forward with involved side and push hips forward, keeping shoulders relaxed. Hold 10 seconds, repeat 10 times.



PULLEY STRETCH: Use an overhead pulley with rope secured higher than you can reach. Sitting, pull your involved arm up as high as you can, good arm supplying all the power. Hold 10 seconds, relax and slowly let arm down with good arm. Repeat 10 times.



INTERNAL PULLEY STRETCH: Using an overhead pulley with rope, standing, pull your involved arm up behind you as high as you can, good arm supplying all the power. Hold 10 seconds, relax and slowly let arm down with good arm. Repeat 10 times.