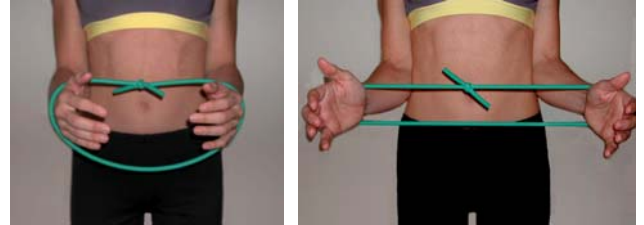


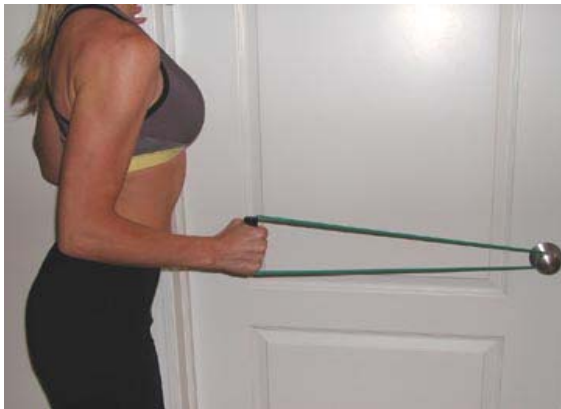
# PHASE II strengthening

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.

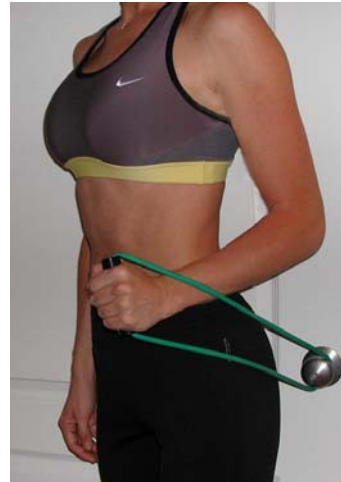
**INTERNAL ROTATION:** with rubber around doorknob and in hand of operated arm, facing away from door, pull hand inward and hold 5-10 seconds. **KEEP ELBOW FORWARD AND TIGHT TO SIDE!** Relax. Repeat 10 times.



**EXTERNAL ROTATION:** with rubber around both wrists and elbows flexed 90°, rotate arms outward stretching rubber. Hold for 5-10 seconds, relax. Repeat 10 times. (try to keep elbows close to your body)



**POSTERIOR DELTOID:** with rubber around door knob and elbow flexed 90°, pull arm backward to your side. Hold for 5-10 seconds, relax. Repeat 10 times.



**ANTERIOR DELTOID:** with rubber around a low door knob and elbow flexed 90°, push forward and upward to stretch rubber. Hold for 5-10 seconds, relax. Repeat 10 times.

