



**PERFORMANCE
ORTHOPEDICS**

Shoulder Rehabilitation Program

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Phase III: Advanced Level ROM to complete ROM:

For patients who have healed and need to push to get complete motion. This phase may require some more force than previous stages.

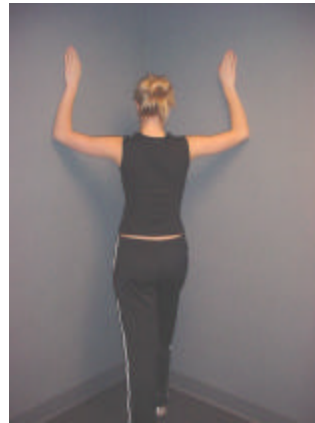
Corner stretch for abduction/external rotation:

Face a corner with one foot in front of the other, place your hands and forearms on the walls making sure to keep your elbows at shoulder height. Lean into the corner until a stretch is felt and hold it for a few seconds. Repeat this stretch a few times per day.



Door stretch for external rotation:

Keeping your elbow at your side, place your hand on a door frame and stretch your arm out to the side. Hold this position for a few seconds to stretch. Repeat this exercise several times per day.

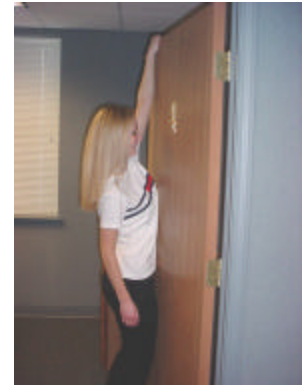


Posterior capsule stretch:

Stretch your affected arm across your body (with your arm close to your chin) using your other arm to help stretch. Hold the stretch for a few seconds, repeat several times per day.

Door hang stretch:

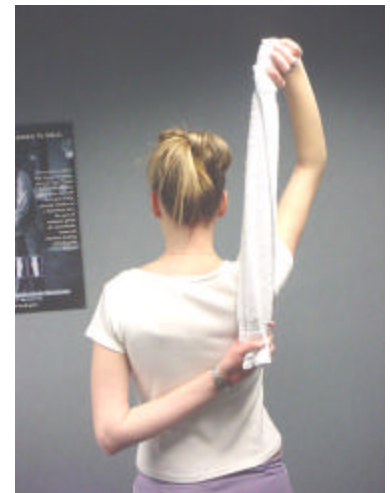
Reach your affected arm to the top of a door and gently hang until a stretch is felt. Hold the stretch for a few seconds, repeat several times per day.



Start position

Towel Stretches:

Begin this exercise with the towel in your good hand draping it behind your back, then grab the towel with your affected hand. Slowly pull on the towel with your unaffected to stretch your affected arm up and across your body. Once you reach the top, hold it there for a few seconds to stretch, then slowly lower your arm. Repeat this exercise several times per day.



End position