

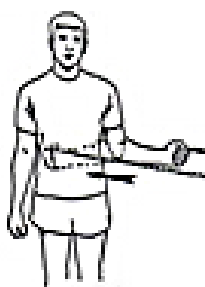
Rehab Stage 3 – Strengthening

- When moving to the strengthening phase it is important to remember that you have not actively contracted your muscles in several months. It takes time for you to rebuild muscle mass and strength. We encourage you to slowly ease back into activity.

***Complete 10 repetitions of each of the following exercises 3 times a day**

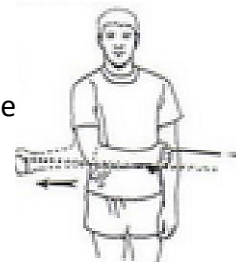
Internal Rotation

Keeping your elbow in at your side, rotate arm intowards your body. Make sure the forearm is parallel to the floor.



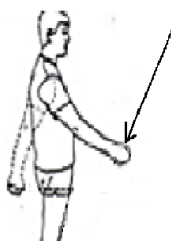
External Rotation

Keeping your elbow in at your side rotate arm out away from your body. Make sure the forearm is parallel to the floor.



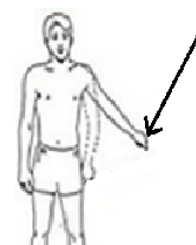
Shoulder Extension

Keeping the elbow straight pull the arm back.



Shoulder Adduction

Starting with your arm at your side. Pull your arm back down to your side.



Shoulder Flexion

Keeping the elbow straight, Raise the arm forward.



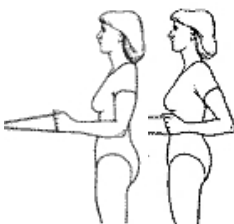
Shoulder Abduction

Start with arm at side slightly in front of stomach. Raise your arm from midline out to your side.



Shoulder Rows

Keeping your elbows tucked in at your side. Pull both arms back keeping your elbows parallel to the floor.



Shoulder Shrugs

With arms at your side raise your shoulders up towards your ears.

