

David R. McAllister, MD
UCLA Department of Orthopaedic Surgery - Sports Medicine
10833 LeConte Avenue, Box 956902
Los Angeles, CA 90095
Phone: (310) 206-5250 | Fax: (310) 825-1311
Email: drmcallisteroffice@mednet.ucla.edu
www.drdauidmcallister.com

PHASE I STRENGTHENING

These exercises are designed to begin the strengthening process of your shoulder muscles. Muscles take a very long time (perhaps months) to become strong enough to even lift the weight of our arm. **Be patient, be persistent and do not become discouraged** at what may seem like slow progress. Your underlying condition led to weak muscles and your surgery possibly aggravated this weakness through atrophy. **Exercises must be done twice daily every day of the week. 10 repetitions are done for each exercise.**

Begin with no weights, and then gradually increase by ½ pound increments. Spend at least 3 days with each weight level then advance to the next if possible.

1. STRENGTHENING SHOULDER EXERCISES

Lay flat on your back without a pillow under the head (Fig. 1). Use the power of your good arm to elevate the affected arm with your elbow flexed, extending the elbow as you bring your arm over your head. Then lower your arm, slowly bringing it down by the side in a steady rhythm as your arm descends between 90° of elevation and 0°. It is in this arc that gravity will try to accelerate your arm movement. Prevention of this acceleration results in strengthening of the muscle by eccentric lengthening. Rest a few moments and repeat the exercise. Work towards repeating the exercise 10 times before proceeding. When you can perform this exercise, unassisted from beginning to end with good control, for 10 repetitions twice daily, then you may lift it by itself while still laying on your back.

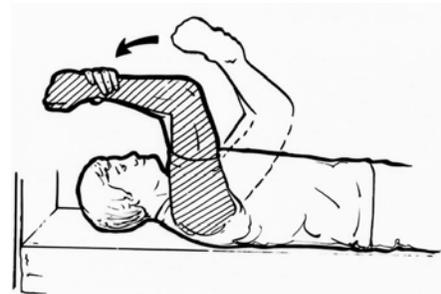


Figure 1 Phase I Strengthening: This exercise is performed while lying supine to minimize the effect of gravity thereby diminishing the weight of the arm.

2. STRENGTHENING ROTATOR CUFF AND ELEVATORS

Once you can do the 1st exercise, add a 0.5-lb weight as shown (Fig. 2). Lift the weight overhead and slowly back down by the side 10 times in a smooth fashion. When 10 repetitions can be performed without pain and without the assistance of your good arm twice daily, increase the weight by .5-lb. Remember, at least 3 days should be spent at each weight level.

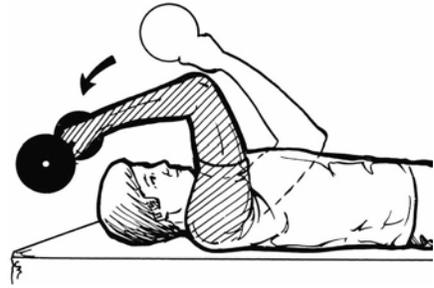


Figure 2 Phase I Strengthening