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PHASE II STRENGTHENING

These exercises are designed to strengthen the external rotators and elevators of your shoulder. They should be performed in sets of ten, twice a day. Hold the position for at least 5 seconds.

1. STRENGTHENING ELEVATORS AGAINST GRAVITY

You may begin this exercise once you can perform Phase I exercise #2 with a 3-lb weight. Stand or sit and use the power of your normal arm to lift your weak arm straight overhead. **USE NO WEIGHTS.** (Fig.1). Release your weak arm and balance overhead with active muscle control. Slowly flex the elbow as the arm descends in the elevation plane while preventing any acceleration as the arm is lowered. When you've lowered your arm down to your side, rest for a few moments. Do not attempt to lift the weak arm by itself. Repeat 10 times, twice daily.

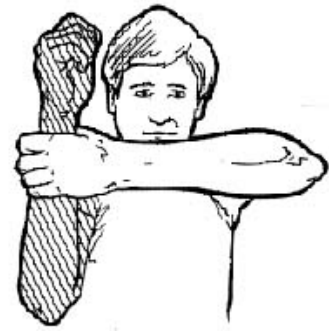


Figure 1 Phase II Strengthening: The arm is passively elevated against gravity while the descent phase is active. This results in eccentric strengthening of the muscles.

2. STRENGTHENING ROTATOR CUFF ELEVATORS

Once you can do exercise #1 smoothly 10 times, add a 0.5-lb weight increments to the weak arm but use the normal arm to lift the weight as shown in Fig. 2. Then remove the normal arm and lower the weak arm by itself. When you can lower 3 to 5 pounds with good control, then you may lift the weak arm by itself. Once you are able to bring 5 to 6 pounds down to your side without acceleration 10 times, you may begin the Phase III strengthening program.



Figure 2 Phase II Strengthening