

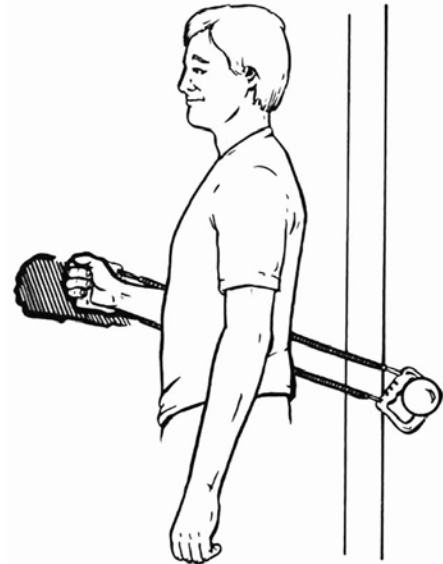
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### **PHASE III STRENGTHENING**

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. ANTERIOR DELTOID**

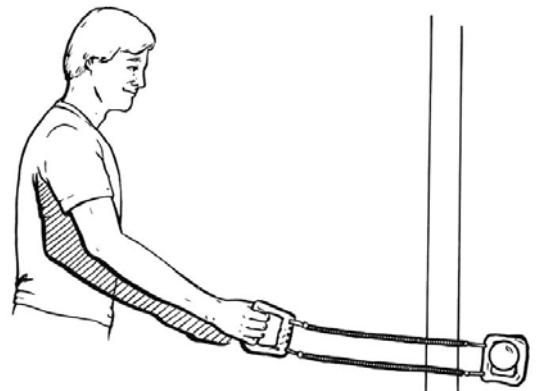
Strengthening of the anterior deltoid is performed as shown (Fig. 1). Face away from the door as shown. Keep the elbow bent at 90° and push forward. The elastic element is pulled forward approximately 45°. Hold it there for 5 seconds and slowly release.



**Figure 1** Phase III strengthening of the anterior deltoid muscle.

#### **2. POSTERIOR DELTOID**

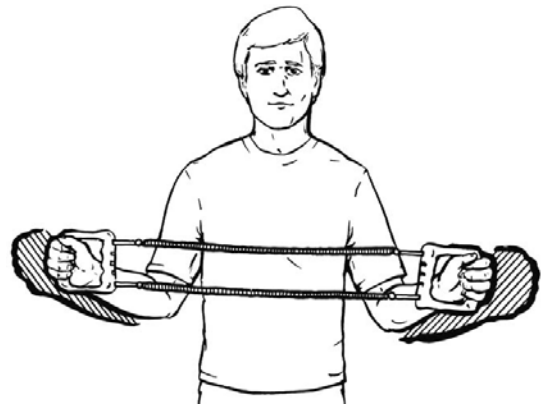
The posterior deltoid is strengthened similarly by facing the door (Fig. 2). Face toward the door and preset the tension with arm out in front of you. Pull back with your arm about 45° away from your body.



**Figure 2** Phase III strengthening of the posterior deltoid muscle.

### 3. MIDDLE DELTOID

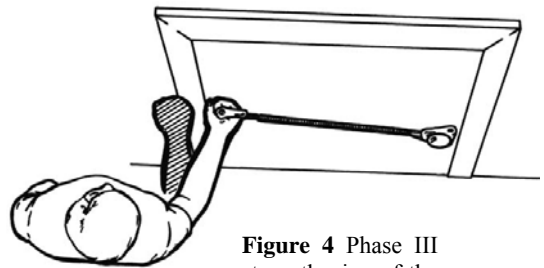
Strengthening of the middle deltoid is best performed in front of a mirror to be certain that symmetry is maintained. Hold the spring or elastic as shown. Simultaneously bring the elbows away from your side while keeping the arms symmetric. It is not important that the angular excursion exceed  $45^\circ$  as shown in the figure (Fig. 3).



**Figure 3** Phase III strengthening of the middle deltoid muscle.

### 4. INTERNAL ROTATORS

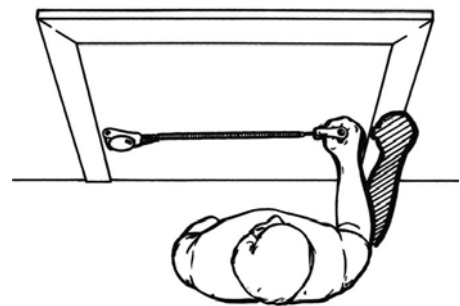
The internal rotators are strengthened as shown (Fig 4). Hold your elbow bent at  $90^\circ$ . Place folded towel(s) between your arm and your body. Rotate your arm and hand across the chest as shown in fig. 4. It is important that your elbow remains tight up against your side to ensure that only rotational forces are generated.



**Figure 4** Phase III strengthening of the internal rotators of the shoulder.

### 5. EXTERNAL ROTATORS

External rotators are strengthened in a very similar fashion with the patient facing the opposite direction relative to the door handle (Fig 5). Hold the elbow bent at  $90^\circ$ . Rotate your arm and hand out away from your chest but continue to keep the elbow at your side as shown in fig. 5.



**Figure 5** Phase III strengthening of the external rotators of the shoulder.