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PHASE I STRETCHING

These exercises are designed to increase motion. In these exercises the stiff shoulder is assisted by the **good arm**, by **gravity** or by a **pulley**. Whenever possible, apply moist heat and take your pain medication one half hour prior to exercising. These exercises should be done **two to three** times daily **BUT** each session should last only 5 minutes at most. Perform three to five repetitions of each exercise. Do not exercise two hours prior to retiring for the night.

1. PENDULUM EXERCISE

Bend forward at the waist and try to make your back parallel to the floor. Use your good arm to hold the side of a table or bed for balance. Let the stiff arm relax and dangle like a pendulum, then gently swing in a circle (Fig. 1). After a short while, allow the arm to swing back and forth as if you were bowling.



Figure 1 Phase I Stretching:
Pendulum exercise done primarily
for warm up.

2. ASSISTED SUPINE ELEVATION

Lie on your back, on your bed or couch. **DO NOT** use a pillow. Grasp the wrist of your stiff shoulder with your good hand and pull the stiff arm toward the ceiling and then overhead. Hold it there for about 5 seconds. This may be repeated two or three times at each exercise session (Fig. 2).

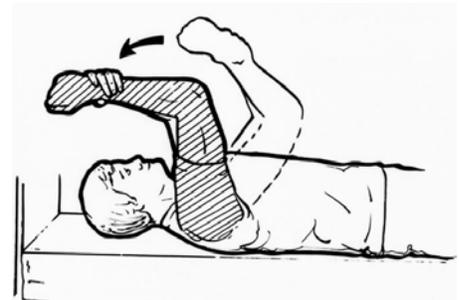


Figure 2 Phase I Stretching:
Assisted supine elevation.

3. ASSISTED EXTERNAL ROTATION

Again, lay on your back on the couch or bed without a pillow. Place a folded towel under the elbow of the stiff arm so the entire **upper arm** is parallel to the floor. The elbow may be 2 to 4 inches from your side. Use a stick to rotate the arm as indicated but be sure to keep the elbow bent at 90°. (Fig. 3A and B).

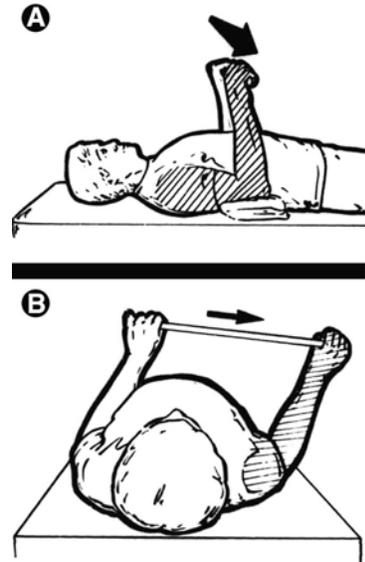


Figure 3 (A) Phase I Stretching: Passive external rotation. Note the elbow is situated on a pillow to keep the arm parallel to the floor. (B) Phase I Stretching: Passive external rotation. The arm is rotated out to the side while maintaining the elbow at 90° flexion.

4. ASSISTED ELEVATION WITH A PULLEY

Pulley Placement: *The pulley must be at least 1 foot higher than the extended reach of the shoulder. You must stand directly under the pulley.*

The pulley exercise assists patients in passive elevation of the arm (Fig. 4). Use the pulley as demonstrated by your doctor or physical therapist utilizing the power of your normal shoulder to elevate the stiff one. It does not matter if you rise up on your toes; just reach for the pulley with your hand.



Figure 4 Phase I Stretching: Assisted elevation with a pulley. This is best performed while standing, not sitting, which is more convenient but less efficient and effective.

5. ASSISTED ABDUCTION

Lay on your back without a pillow. Again, use the good arm to lift the stiff shoulder but clasp your hands as indicated and place both hands behind your head as shown (Fig. 5). Then allow the elbows to fall to the side; they should touch the bed or couch.

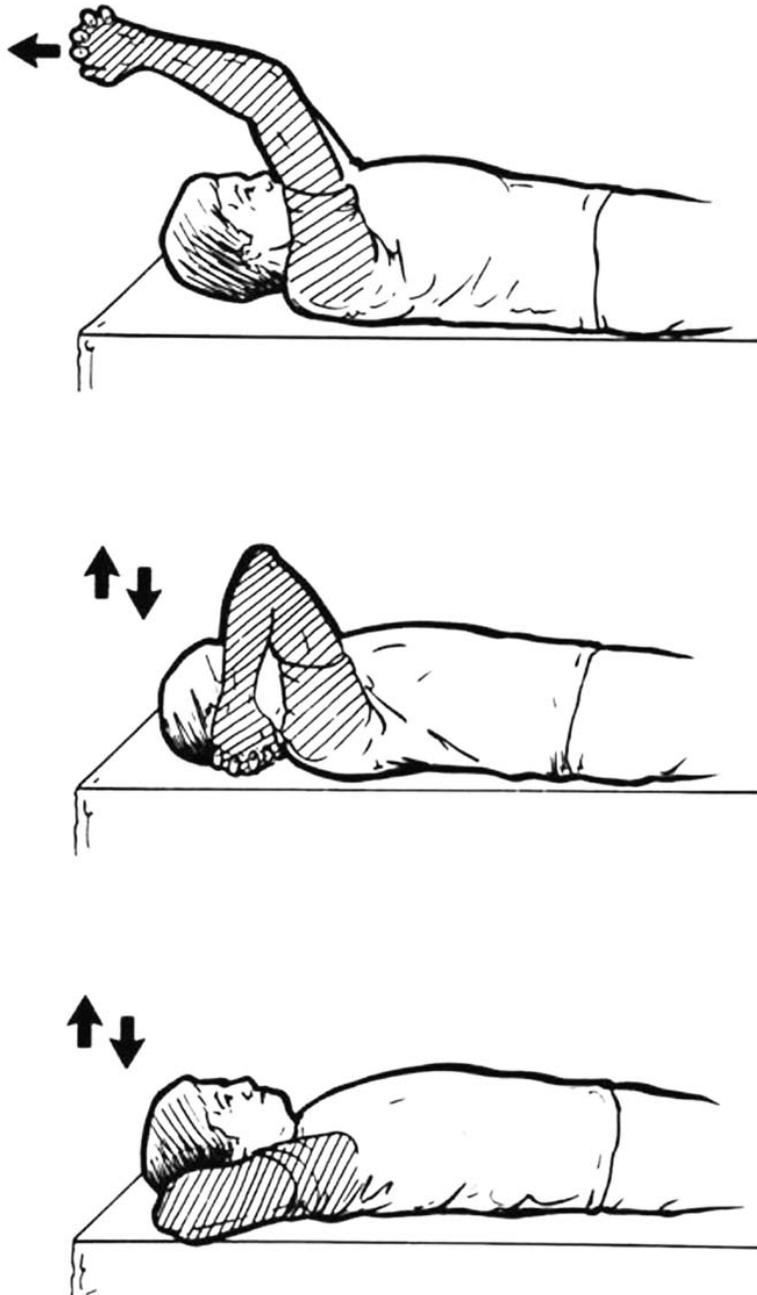


Figure 5 Phase I Stretching: Assisted abduction.