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PHASE II STRETCHING

These exercises continue the stretching phase of your shoulder rehabilitation. Your doctor will begin these two to four weeks following surgery, once your wound has healed satisfactorily. Do these together with the Phase I program. Each exercise should be performed five times at 2 exercise sessions.

1. ASSISTED INTERNAL ROTATION

Place both arms behind the back, using the hand of your good arm grasp the wrist of your stiff arm. Use the power of your good arm to push the stiff arm up your back as far as possible (Fig.1).



Figure 1 Phase II Stretching: Assisted internal rotation.

2. ASSISTED ELEVATION

Lie on your back without a pillow. Using your good arm, lift the stiff arm up and arch your back so your hands can reach under the headboard as shown. Gradually lower your chest and back to the bed, stretching your shoulder (Fig. 2).

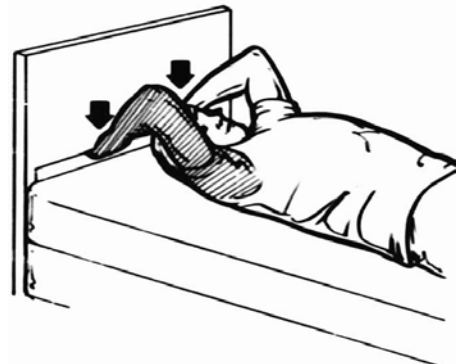


Figure 2 Phase II Stretching: Assisted elevation.

3. ASSISTED EXTERNAL ROTATION

Stand in a doorway with the elbow of the affected shoulder placed against your side and flexed to 90°. Keep the elbow tight against your side and with your hand fixed firmly in the doorway, slowly rotate your body away from your hand. Position your good arm as shown to hold the stiff arm up against your body (Fig. 3).



Figure 3 Phase II Stretching: Assisted external rotation.