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PHASE III STRETCHING

These exercises are designed to help you attain the last 20 degrees of your shoulder motion in all directions. These exercises should be done twice daily, preferably immediately following a hot shower.

1. ASSISTED ELEVATION

Find a “convex” corner in your house. Stand about 12 to 14 inches away from the corner and stand at 45 degrees to the corner as your doctor or therapist shows you. Use the power of your good shoulder to lift the stiff arm up against the corner as shown. **You must keep the elbow straight.** The major concentration should be to keep the elbow straight and apply minimal pressure on the corner with the hand of your affected extremity. Slowly lean into the corner, allowing the arm to rise up the wall. You should strive to have your armpit touch the wall. (Fig.1)

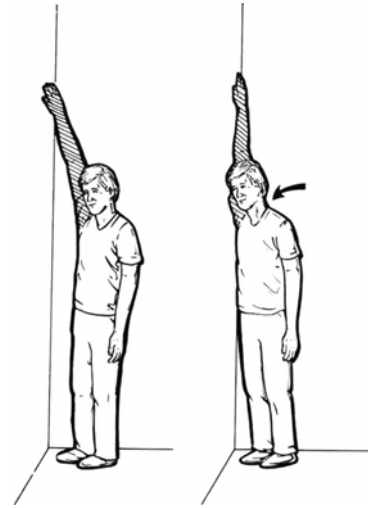


Figure 1 Phase III Stretching: Assisted elevation.

2. ASSISTED ELEVATION ASSISTED EXTERNAL ROTATION

Stand in a doorway (or corner) as shown in fig. 2 with your forearms flat against the door jam so the upper arm is parallel to the floor. Gradually lean forward into the open doorway and hold the position for 5 seconds, then relax (Fig. 2).



Figure 2 Phase III Stretching: Assisted external rotation.

3. ASSISTED INTERNAL ROTATION

Stand with your back up against a table or ledge as shown in fig.3. Place the hand of the stiff shoulder on the table keeping your hand near your spine as indicated. Gently flex your knees and stoop to the ground which will slowly stretch your arm up your back (Fig. 3).

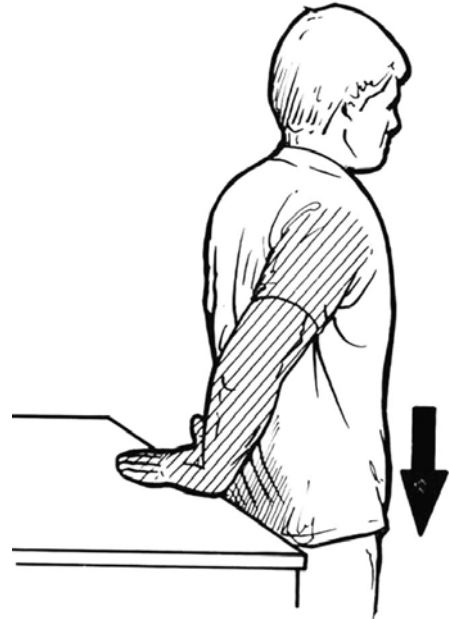


Figure 3 Phase III Stretching: Assisted internal rotation.

4. ASSISTED ADDUCTION

This exercise is most important in trying to get sleep at night. Use the power of your good shoulder to lift the stiff arm up to **shoulder level near your chin and parallel to the floor**. Gradually pull the arm under your chin as shown. Hold for 5 seconds and repeat (Fig. 4).

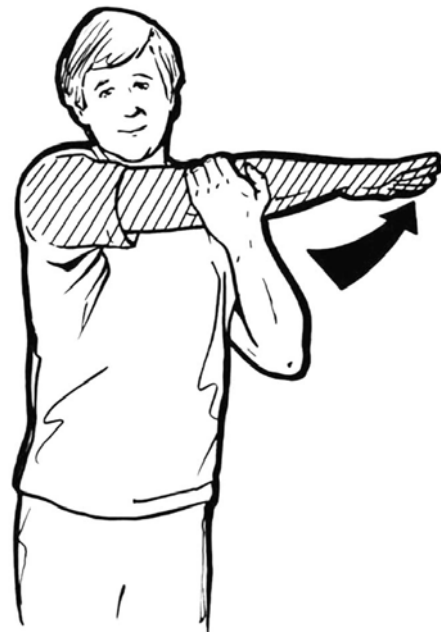


Figure 4 Phase III Stretching: Assisted adduction.