

Goal:

- Improve coordination with controlled movement
- Emphasis on return of motion
- Improve low level functioning activities

Precautions:

- No heavy lifting of objects
- No supporting of body weight by hands & arms
- No sudden jerking motions

RANGE OF MOTION

Continue ROM exercises in all planes

Goal: by 8 weeks should have 85% of ROM in all planes

STRENGTH:

- Begin Active ROM exercises against gravity
- Begin light tubing exercises
- Do not overstress the muscles with excessive reps to avoid fatigue and pain

THERAPIST:

- Begin light manual therapy in all directions: isometric, concentric, eccentric
- Continue scapular patterns
- IF ROM still limited, begin stretching and joint mobilizations

ACTIVITIES:

- Begin shoulder height activities
- Lift up to 5-10 lbs. to waist level *both hands*
- Speed walk and light jog (no more than 30 minutes) no faster than 5.0 mph (if they have 3+/5 strength)



External Rotation

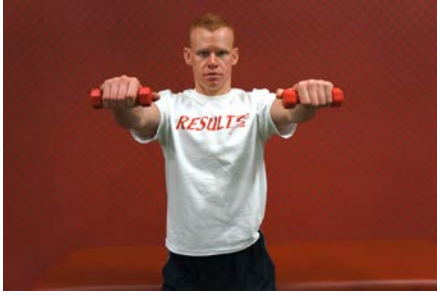


90/90 ER

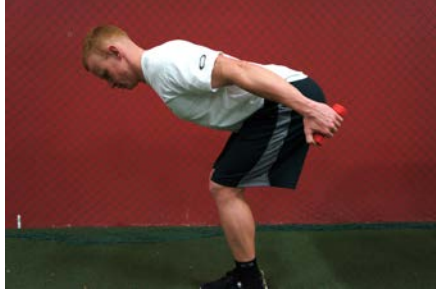


Behind back

- Perform all exercises 2 sets of _____
- Perform all exercises with controlled movement and hold for 2 seconds at end range



FLEXION TO 90



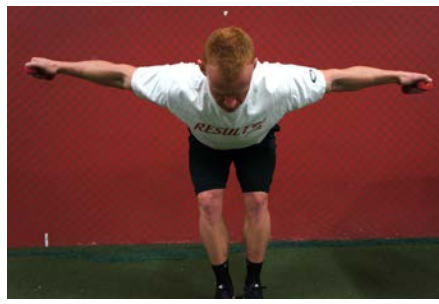
EXTENSION



EXTENSION (OPTIONAL)



SCAPTION TO 90 "V"



HORIZONTAL ABDUCTION



HORIZ ABD (OPTIONAL)



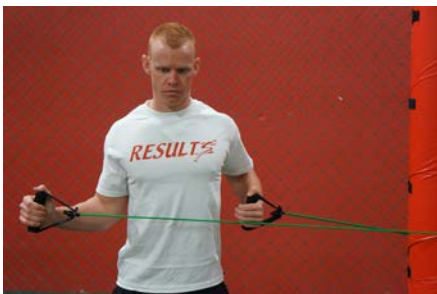
CHEST FLY (START)



CHEST FLY (END)



SIDELYE ER



EXTERNAL ROTATION



TUBING INTERNAL ROTATION



EXTENSION