

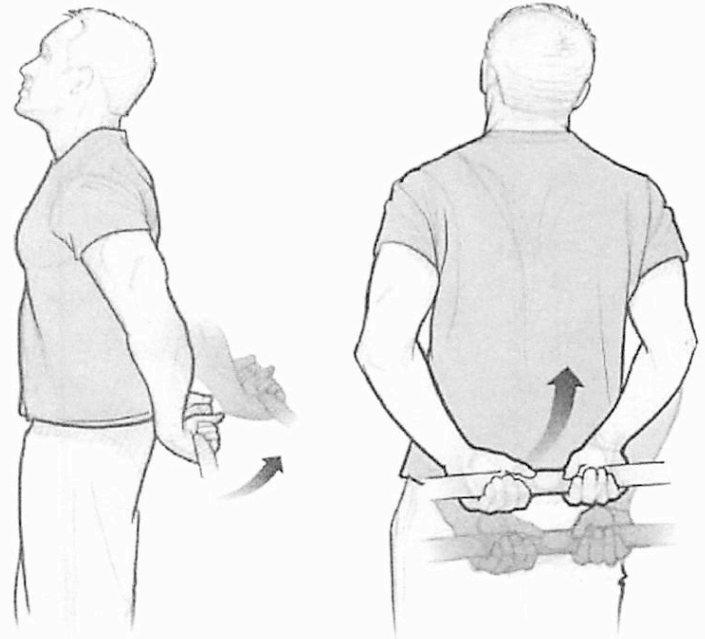
Advanced Shoulder Stretching Exercises (starting at 12 weeks)

These exercises continue the stretching phase of your shoulder rehabilitation. With the permission of your doctor, you will begin these exercises following surgery.

Do these set of exercises along with the Phase I stretching exercises 2 to 3 times a day.

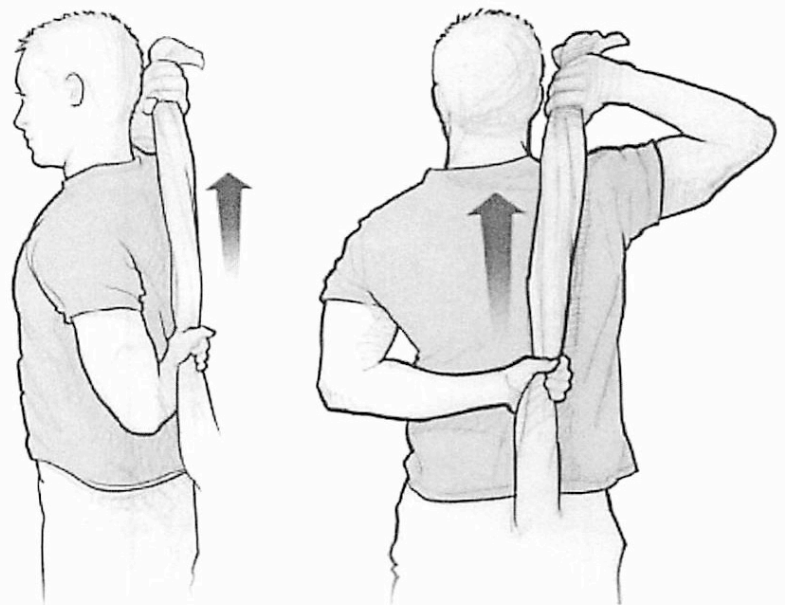
1. Assisted Extension

Place both arms behind your back. Grasp the stick as shown. With the power of your non-operative arm, push the stick toward the ceiling, taking the operative arm backwards as far as it will comfortably go. Hold this position for 10 seconds; then relax. Repeat this exercise 10 times.



2. Assisted Internal Towel Rotation

Place both arms behind your back. Grasp the towel as shown. With the power of your non-operative arm, pull the towel toward the ceiling. Hold this position for 10 seconds; then relax. Repeat this exercise 10 times.



3. Cross Body Adduction

Standing or sitting, hold the elbow of your operative arm with your opposite hand in front of your body. Slowly pull the elbow across your body until you feel a comfortable stretch. Hold this position for 5 seconds; then return to neutral. Repeat this exercise 10 times.

