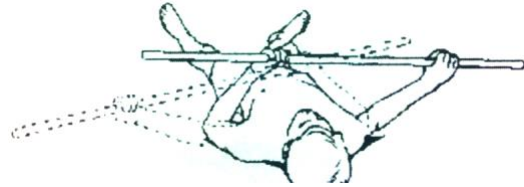


Phase 2 – Week 6 to 3 months I

Perform a series of ten, twice a day

1. External/Internal rotation

- Lay on your back
- Hold stick with good hand in under grip and operated hand in top grip, elbows bent at 90° (see picture)
- Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.



2. Wall push up

- Place hands on wall at shoulder height
- Lean into wall, bending at the elbow and push back, like a push up



Perform the following ten times, once a day

1. Active supported external rotation

- Sit at a table with elbows bent at 90°, by your side and supported on top of the table
- Keeping your shoulder blades still, slide the operated side forearm so that it swings outwards, away from your body

2. Back towel stretch

- Grasp towel with both hands
- Place operated arm behind back and pull unaffected arm up, pulling up affected arm behind the back

