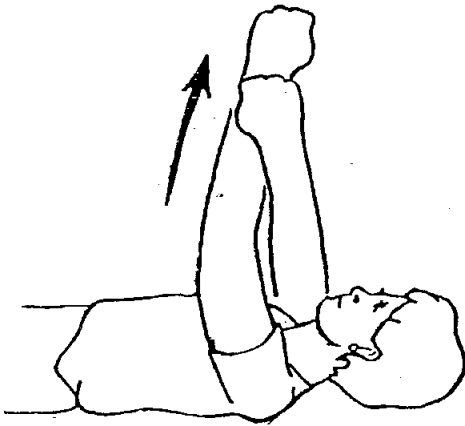


ANTERIOR INSTABILITY REPAIR REHAB: 90/0 ACTIVE-ASSIST PROGRAM

PHASE 1 (0 WKS TO 2WKS): Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each daily. No strengthening or lifting > 1 lb for 12 weeks. The shoulder is not used for forceful activities for 6 months. Smoking is prohibited following surgery.

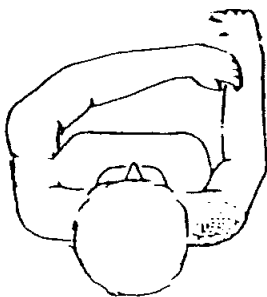
GOAL: 90 degrees forward elevation and 0 degrees external rotation at the side

Assisted elevation:



1. Lie on your back.
2. Grasp the wrist of your operated arm with your other hand.
3. Using your other hand to do the work, raise your operated arm off the bed to a right angle (90°) with your body. The length of your arm should be pointing straight up to the ceiling.
4. Hold a few seconds and slowly lower.

Assisted External Rotation:

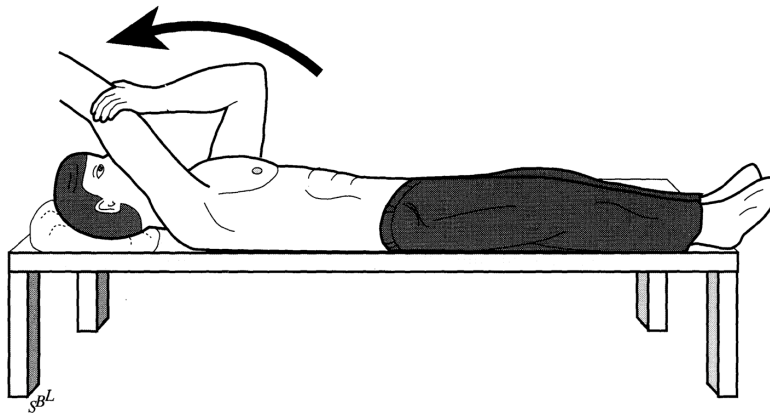


1. Lie on your back.
2. Bend elbow of operated arm to a right angle and hold close to your body.
3. Use your good arm to push your operated arm outward, but just to an angle perpendicular with the bed; so your operated hand is pointing straight to the ceiling when you are lying down flat.

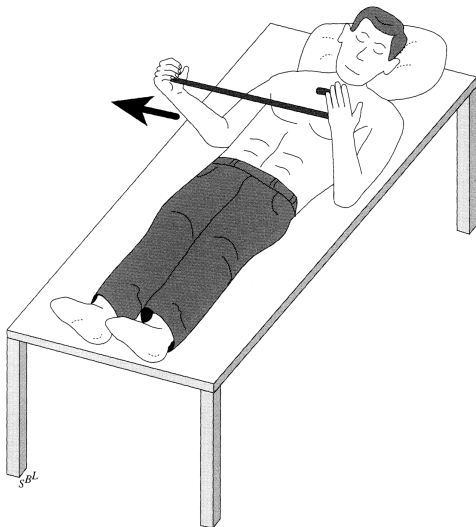
ANTERIOR INSTABILITY REPAIR REHAB: 140/40 ACTIVE-ASSIST PROGRAM

PHASE 2 (2 WKS TO 6WKS): Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each daily. No strengthening or lifting > 1 lb for 12 weeks. The shoulder is not used for forceful activities for 6 months. Smoking is prohibited following surgery.

GOAL: 140 degrees forward elevation and 40 degrees external rotation at the side



Using the opposite arm for assistance, work to elevate your arm to 140 degrees



Using the opposite arm for assistance with an object such as a cane, broom handle or yard stick, work to externally rotate your at the side to 40 degrees.