

ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 2: Continued Protection of Capsular Shift Phase 6 - 12 WEEKS)

HAND BEHIND BACK WITH ASSIST



Hold your operated arm with your NONoperated hand and move your hand up your back.

BELLY PRESS



Press hand against belly. Vary the duration of the 'press'.

CLOSED CHAIN BASICS (WEIGHT TRANSFERENCE)





SUBSCAPULARIS LIFT-OFF IN STANDING / LYING





Starting with your hand behind your back (standing easier), with your wrist at about belt height, lift the back of your hand **just** off your back. Make sure the elbow doesn't move backwards too.

EXTERNAL ROTATION (ER) WITH THERABAND (≤ 20° ER ONLY)



INTERNAL ROTATION WITH THERABAND (≤ 20° EXTERNAL ROTATION ONLY)



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(This Post-op program is designed as a guide only and needs to be individually modified to suit the needs and goals of the client)