

**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 3:
Unrestricted Movement & Loading Phase WEEKS 12+)**

ROTATION OUT WITH THERABAND



ROTATION IN WITH THERABAND



PUSHING MOTION WITH THERABAND



PULLING MOTION WITH THERABAND



OUT FROM SIDE WITH THERABAND



IN TO SIDE WITH THERABAND



ROTATION OUT (EXTERNAL ROTATION) IN SIDELYING



Lie on your side with a light weight in your hand. Rotate your arm outwards. Maintain control throughout the movement.

EXTERNAL ROTATION IN SUPPORTED ABDUCTION & SCAPTION



Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Start with a light weight. Vary your body position between sets.

LOWER TRAPEZIUS SEATED LIFT



Maintain straight elbows. Lift bum off seat by pulling shoulder blades down. Place hands or fists on handles, books or blocks.

SHOULDER PRESS



SHOULDER ABDUCTION WITH WEIGHT



SHOULDER FLEXION WITH WEIGHT



**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 4:
Advanced Strength & Conditioning)**

REVERSE PUNCH



Pull hand / weight to arm-pit. Kneel and lean on a stool or chair.



CLOSED CHAIN EXERCISES ON FLOOR (WEIGHT TRANSFERENCE, CRAWLING, BEAR CRAWLS ETC)



COMBINATION LOADING (easy band to start with) – variation is the key!

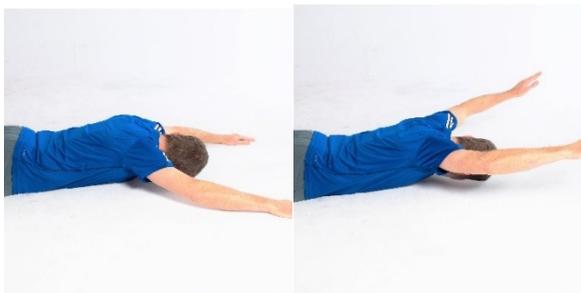




PRONE SCAPULAR RETRACTION EXERCISES



PRONE 'Y' EXERCISE



Feel your shoulder blades pull in and down with these 3 different exercises done whilst lying on your stomach. Vary the times you hold your arms in the air.

COORDINATION / PROPRIOCEPTION DRILLS



Bounce, catch and throw a ball in different positions. Only do what you're comfortable doing, ensuring no feelings of instability. Do under controlled conditions. Please don't progress drills too quickly. Must remain symptom-free.

PUSH-UP PLUS



Do a Push-up. Once your elbows are straight, continue to press your palms into the floor and drive the middle part of your spine towards the ceiling. Repeat. Make it easier by doing it off your knees.



STATIC DOWNS (Time Under Tension)



Adopt the push-up position (off your feet or knees). Lower your body towards the ground until you find the spot in the middle of the movement where your arms start to shake ('the tremor of truth'). Hold this position for the prescribed amount of time.

DIVERS (HALF HINDUS)



Start in the 'A' Frame position as shown. Move your body down and forward like you're ducking through a gap under a fence. To make the exercise easier, don't duck as low. Finish with hips low and shoulders high.