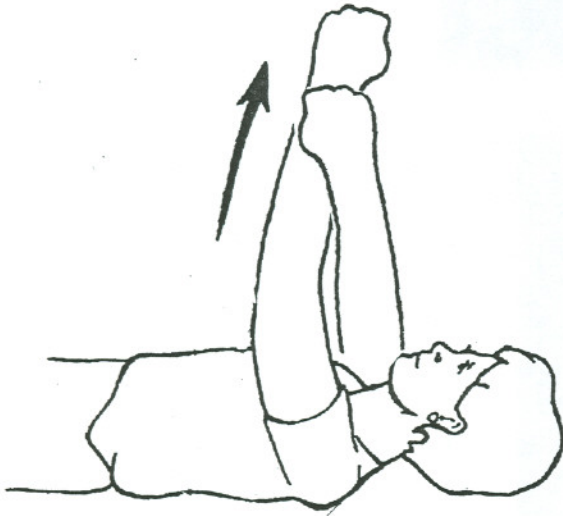


## Exercises for Your Shoulder Following Repair for Instability

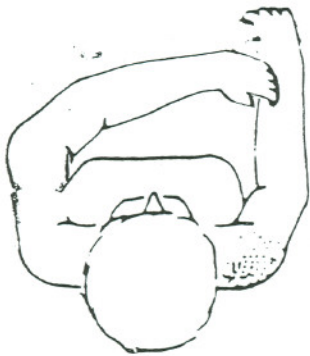
**Assisted:** Repeat these two exercises 3 times, 5 times a day.

### Assisted elevation:



1. Lie on your back.
2. Grasp the wrist of your operated arm with your other hand.
3. Then raise your operated arm off the bed to a right (90 degree) angle with your body. It should be pointing straight up to the ceiling.
4. Hold a few seconds and slowly lower
5. 3 repetitions, 5 times per day.

### Assisted External Rotation:



1. Lie on your back.
2. Bend operated elbow 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.



Exercise 1 of 2

### SHOULDER EXTERNAL ROTATION

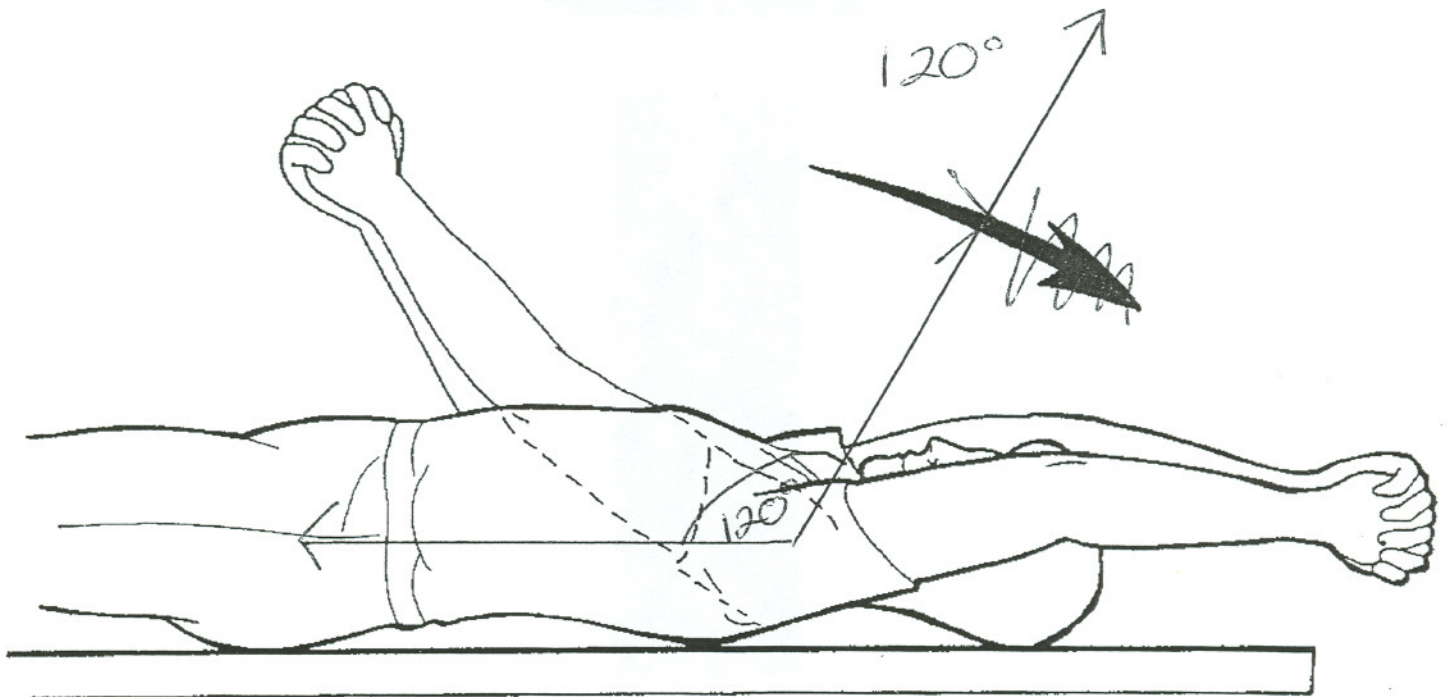
1. Bend the elbow of your operated arm and hold near your waist
2. Grasp the arm with the other hand as shown
3. Try to rotate the arm outward, but resist the movement with the other hand
4. Hold 3-5 seconds
5. 10 repetitions, 5 times per day



Exercise 2 of 2

### SHOULDER ABDUCTION

1. Place your arm next to, or slightly away from, your body
2. Place the other hand on arm as shown
3. Try to raise the arm out to the side, but resist the motion with your other hand
4. Hold 3-5 seconds
5. 10 repetitions, 5 times per day



Exercise 1 of 4

**SHOULDER FLEXION**

1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, to the degree indicated - with the right pulling the left
3. Hold 10-30 seconds
4. 3-5 repetitions, 5 times per day