

Flexion

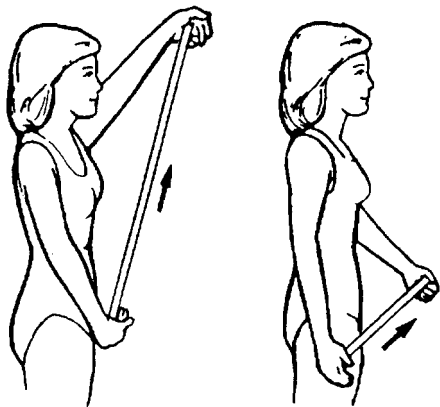


Fig. E-1A

Abduction

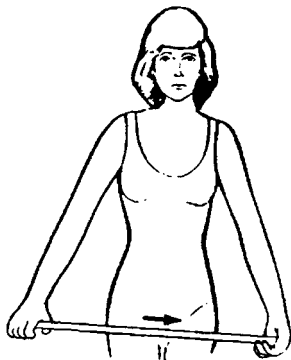
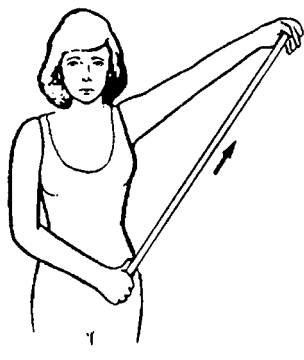


Fig. E-1B



Figs. E1-A through E1-E Passive stretching. **Fig. E1-A** Passive flexion. **Fig. E1-B** Abduction.

Extension

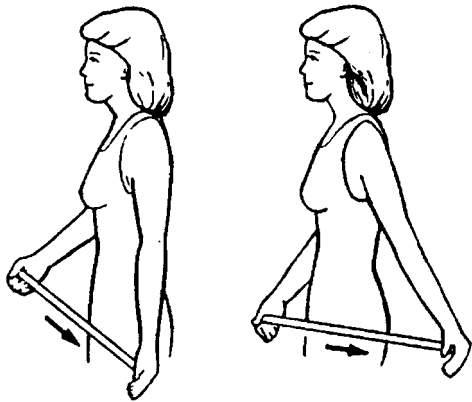


Fig. E-1C

Fig. E1-C Extension. **Fig. E1-D** Internal rotation.

Internal Rotation

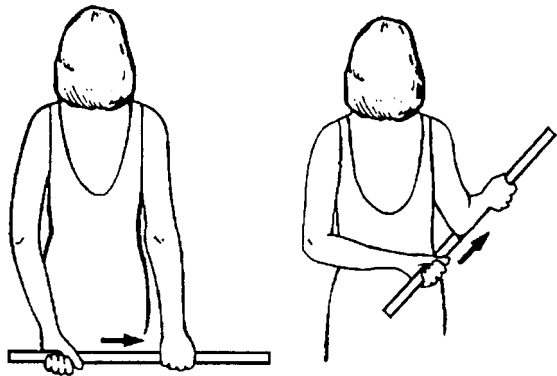


Fig. E-1D

External Rotation

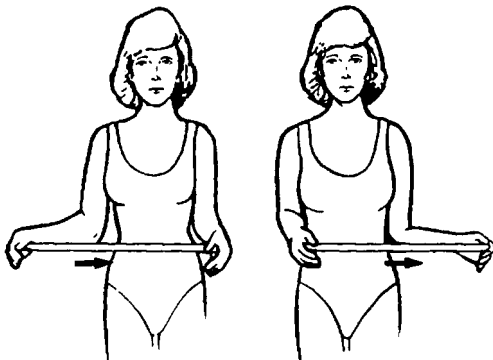


Fig. E-1E

External rotation is performed with use of a 3-ft (91-cm)-long stick in Phase II of the nonoperative treatment program.

Posterior Stretching

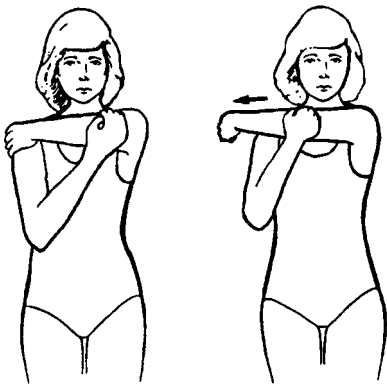


Fig. E-2

Posterior capsular stretching. Cross-body stretching is also performed in Phase II to address posterior capsular tightness.

Pulley

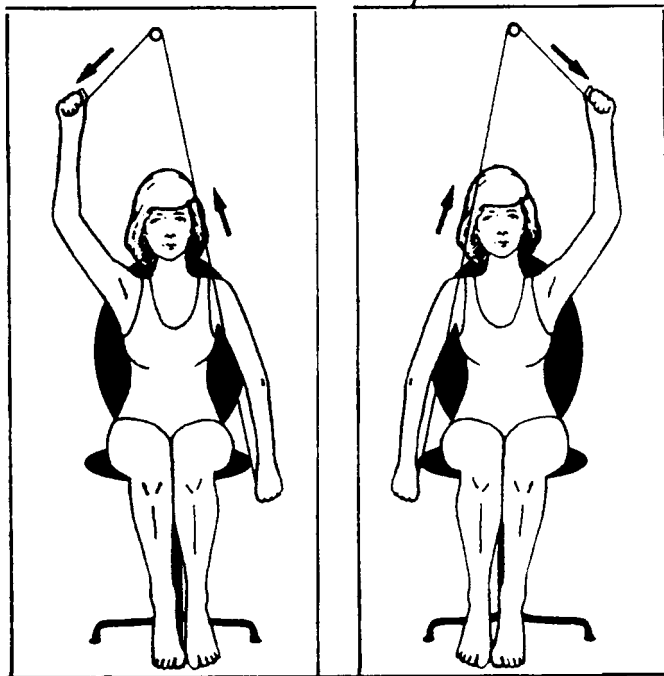
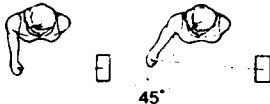
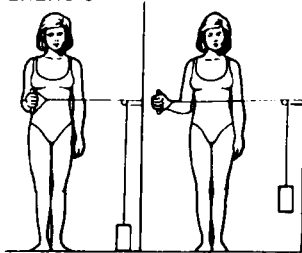
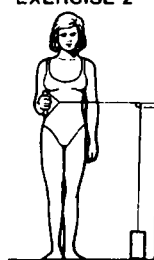


Fig. E-3

Overhead pulley. An overhead pulley is placed over a closed door to perform elevation with use of the contralateral arm as a motor.

EXERCISE 1**EXERCISE 2**

A

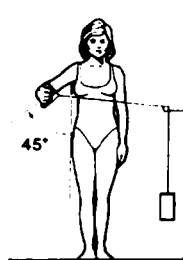
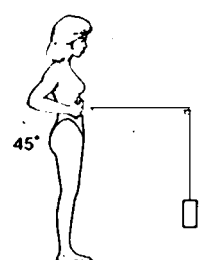
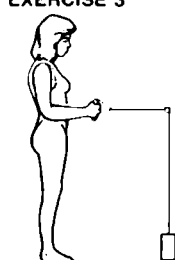
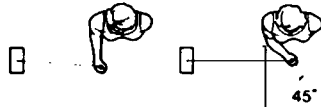
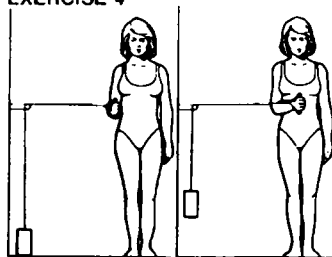
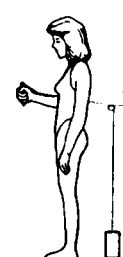
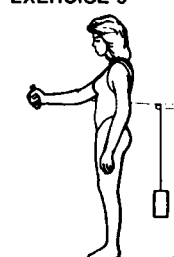
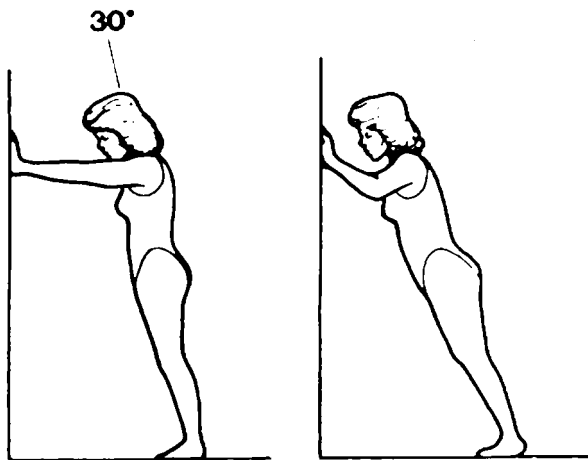
**EXERCISE 3****EXERCISE 4****EXERCISE 5**

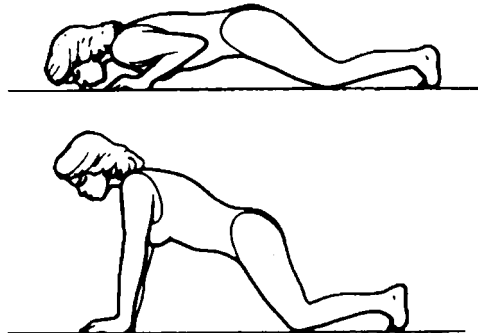
Fig. E-4A

Figs. E4-A through E4-D Strengthening exercises in Phase III. **Fig. E4-A** The remaining rotator cuff muscles and deltoid are strengthened with use of elastic bands.

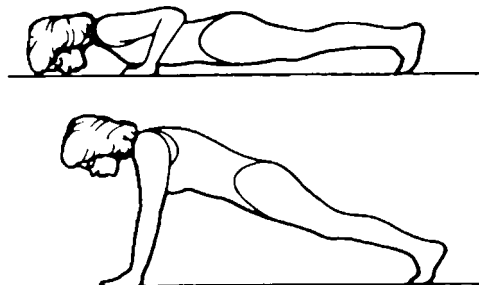
Wall Push-Up



Knee Push-Up



Regular Push-Up



Do each exercise _____ times.
Do exercise program _____ times a day.

Fig. E-4B

The scapular stabilizers are strengthened with use of modified push-ups.

Shoulder Shrug

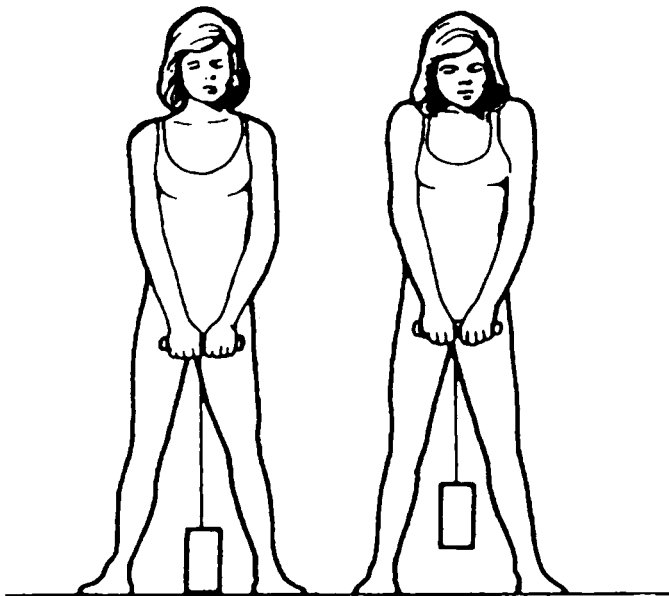


Fig. E-4C

The scapular stabilizers are also strengthened with shoulder shrugs.

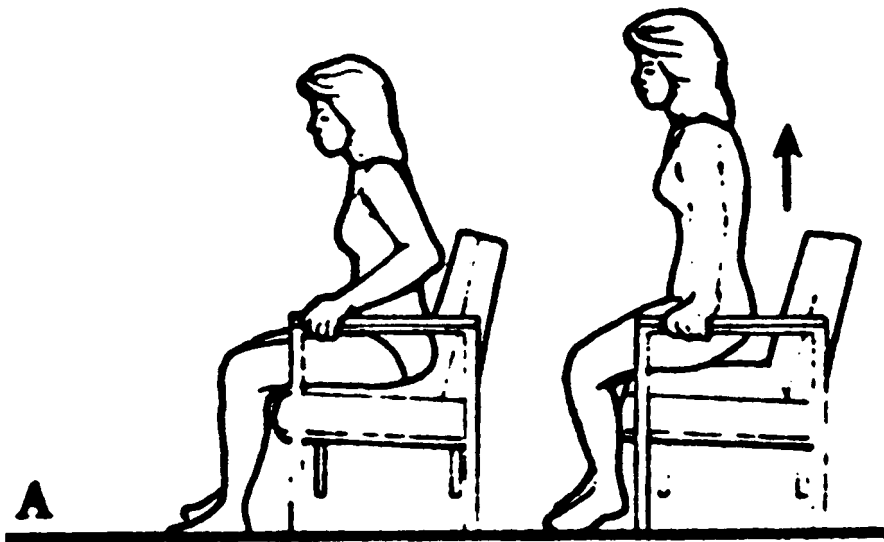


Fig. E-4D

The latissimus is strengthened with use of the chair press-up exercise.