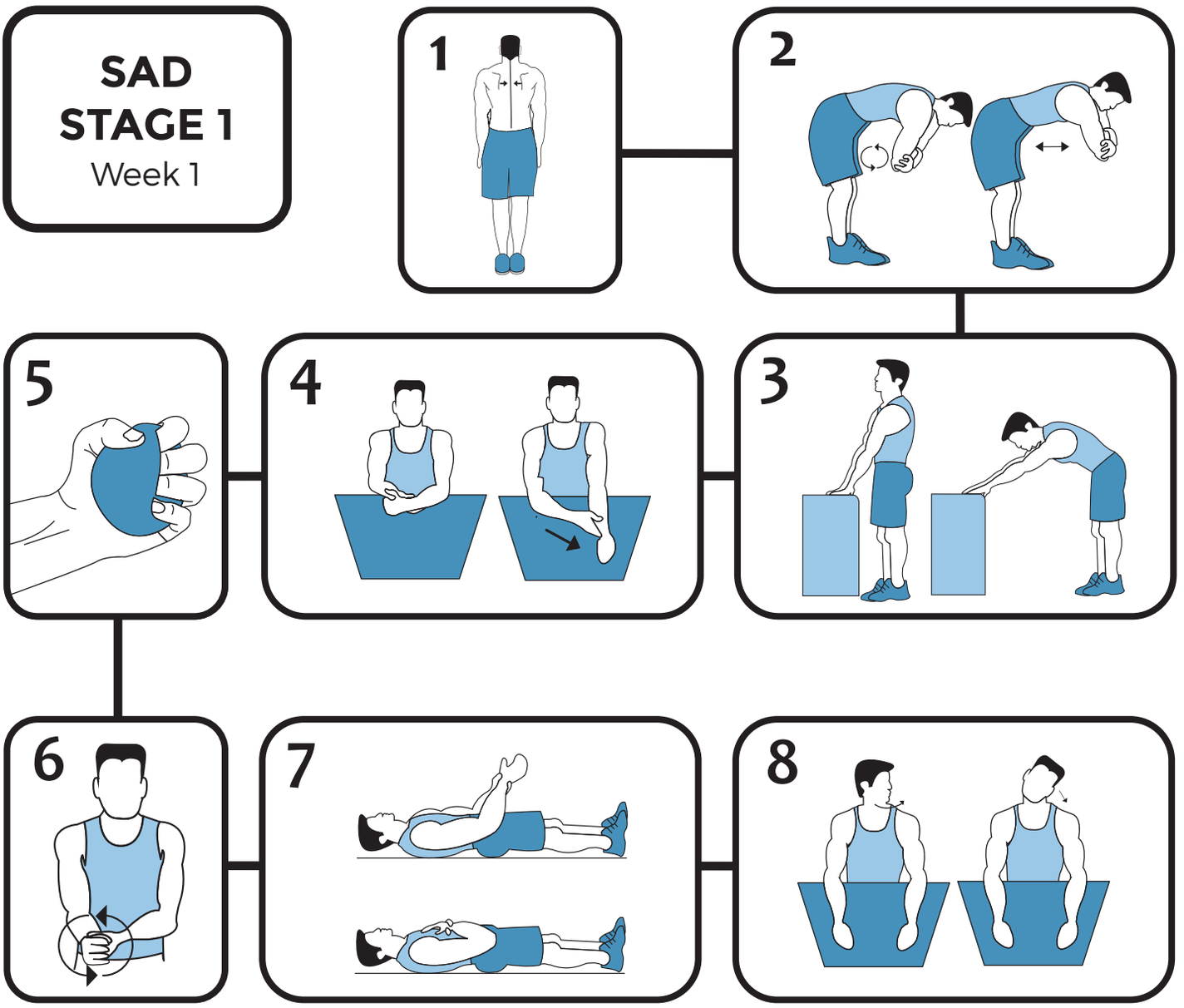
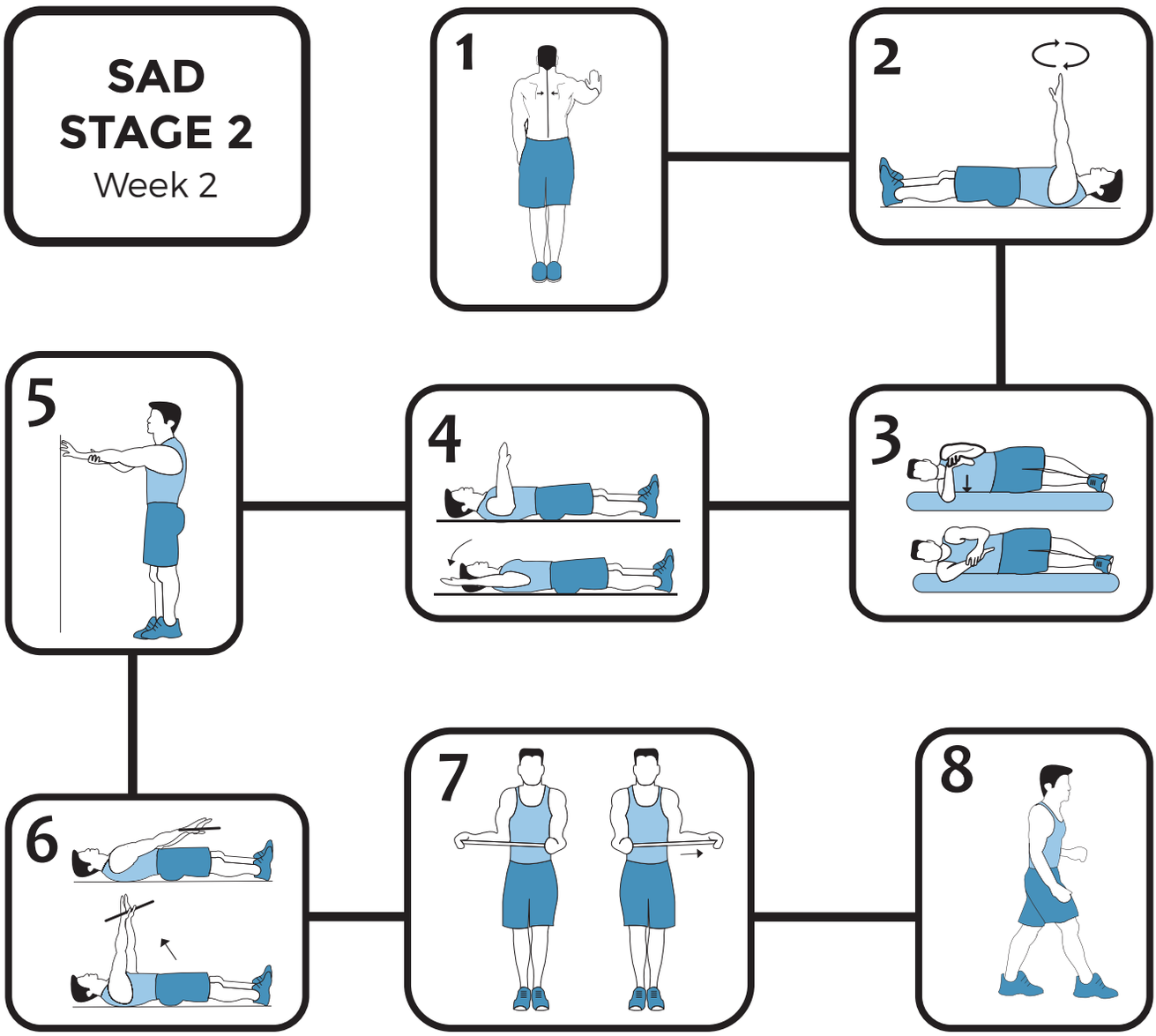
SHOULDER ARTHROSCOPY SUMMARY

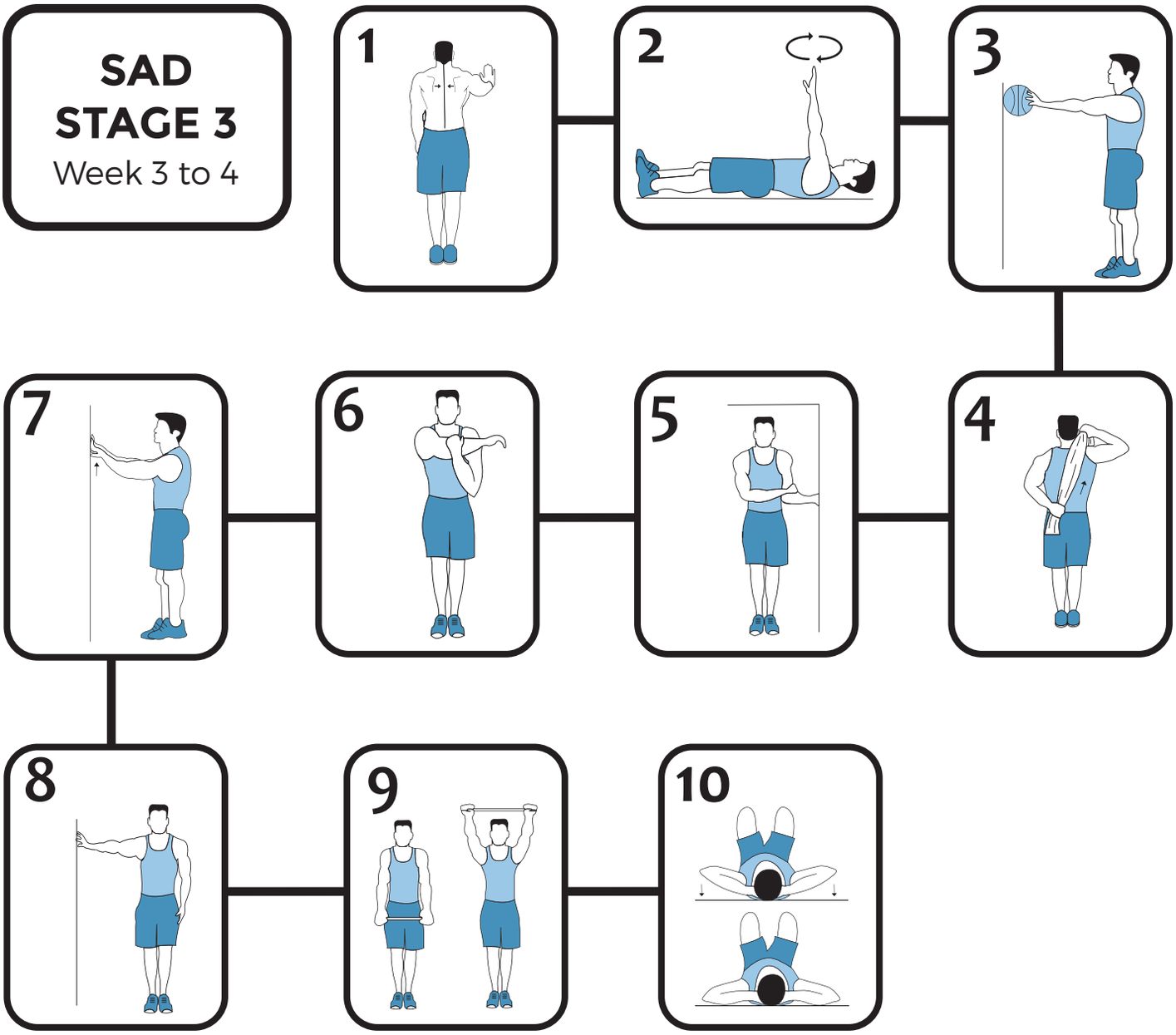
CO.RE



1 Scapula setting
2 Cradle pendulum
3 Flexion table stretch
4 Passive external rotation
5 Squeeze ball
6 Wrist circles
7 Elbow flexion/extension
8 Neck stretches

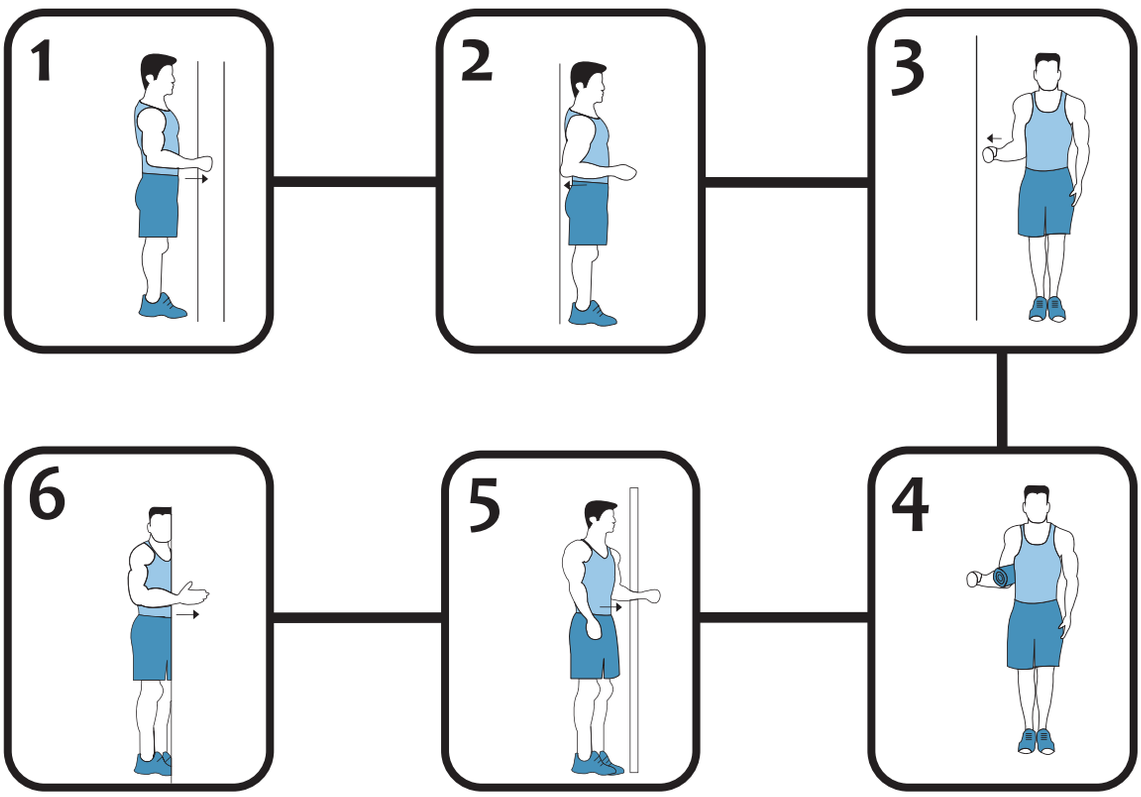


1 Wall push
2 Lying alphabets
3 Side lying internal rotation
4 Supine external rotation
5 Walk fingers up wall – asst
6 Flexion – lying - stick
7 External rotation - stick
8 Walking

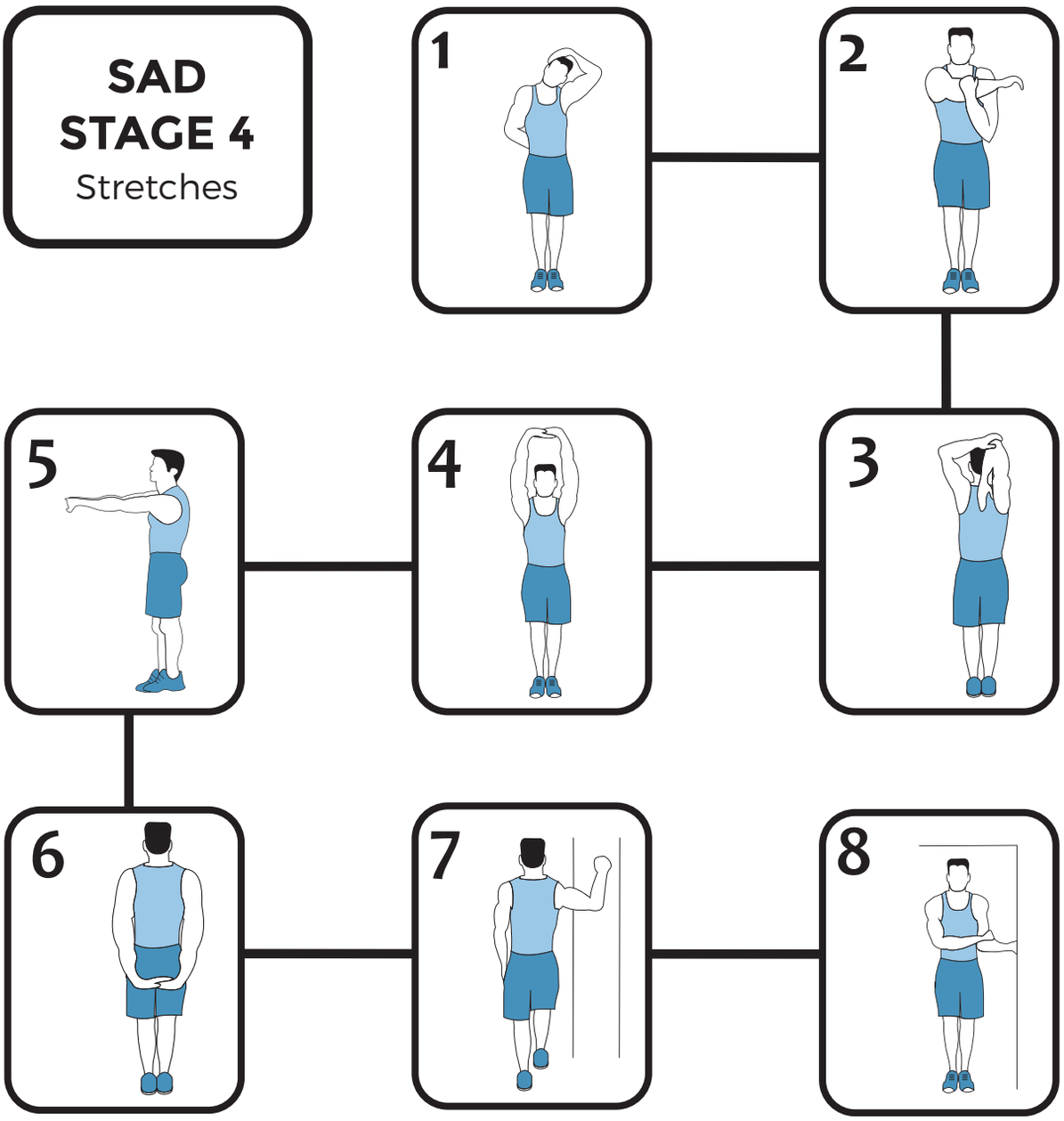


1 Wall push
2 Lying alphabets
3 Roll ball on wall
4 Internal rotation stretch
5 External rotation stretch
6 Stretch posterior capsule
7 Walk fingers up wall flex
8 Walk fingers up wall abd
9 Standing broomstick flex
10 Butterfly exercise

SAD
STAGE 3
Isometric



1 Isometric flexion
2 Isometric extension
3 Isometric abduction
4 Isometric adduction
5 Isometric external rotation
6 Isometric internal rotation



1 Trapezius
2 Posterior deltoid/capsule
3 Triceps
4 Lat dorsi
5 Rhomboids
6 Lower pecs
7 Stop sign
8 Doorway ER

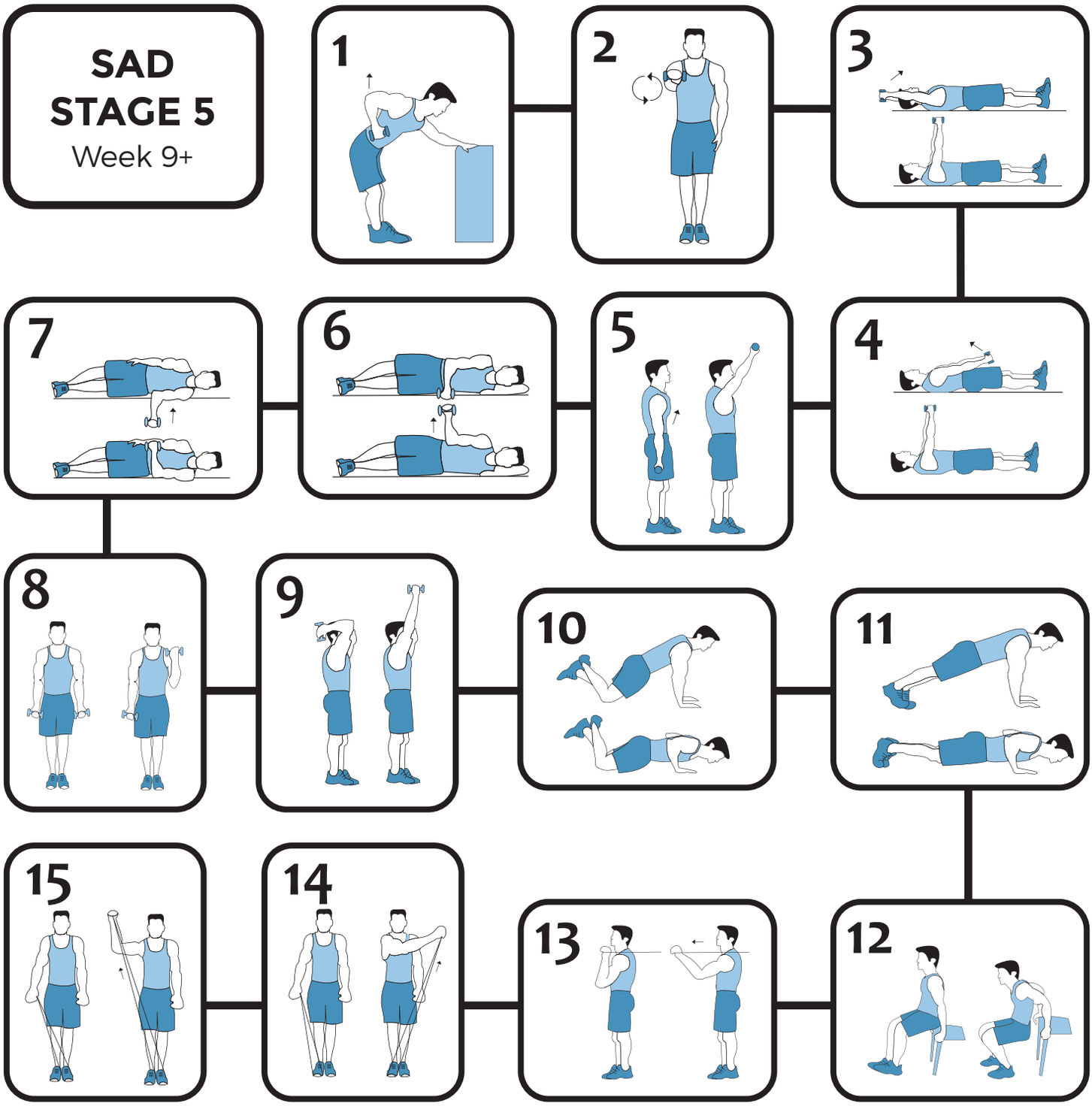
SAD STAGE 4

Week 5 to 8

1 Pull downs
2 Theraband standing row
3 Theraband flexion
4 Theraband extension
5 Theraband “open gate”
6 Theraband “close gate”
7 Theraband adduction
8 Theraband triceps
9 Theraband biceps
10 Overhead hand claps
11 Empty can exercise
12 Standing alphabet
13 Wall push ups

SAD STAGE 5

Week 9+



1 Bent over rowing
2 Standing alphabets
3 Pull overs
4 Lying flexion
5 Standing flexion
6 External rotation
7 Internal rotation
8 Biceps
9 Triceps
10 Push ups - knees
11 Push ups - full
12 Triceps dips
13 Theraband stop sign
14 Theraband D1 pattern
15 Theraband D2 pattern