



Notes :

1 AROM external rotation



Sit down and put a towel roll under the affected elbow with the elbow bent at 90 °.
Rotate the arm into external rotation using its own strength.
Be sure to pause for at least 5 seconds in the stretched position.

2 Shoulder circumduction



Stand or sit straight and place your hands on your shoulders.
Move your elbows up, in, out, and down in order to make circles with your elbows that are as large as possible.
Lower your arms and repeat.

3 Shoulder circumduction



Stand up straight and look directly ahead of you.
With your elbows straight, move your arms up, in, out, and down in order to form circles that are as large as possible.

4 Y, T, W, L



In a bent-over position with your back straight, you will do four movements with your arms that each resemble a letter with a lowering of your arms in between.
First, lower the shoulders and slightly squeeze your shoulder blades then raise your arms in a 45° angle with your thumbs up to form a Y.
Next, raise your arms directly on the side so they are 90° from the body with the thumbs up to form a T.
The third movement is a W so you simply have to squeeze the shoulder blades together with your elbows bent.
Finally, raise your arms to be in a "hold-up" position to form the L.
Repeat as directed.

5 Opposite arm and leg lift



Sit up nice and tall in your chair with your back away from the backrest.
Activate your core muscles, and bring one arm overhead and the opposite leg up off the floor.
Lower your arm and leg as you lift the opposite arm and leg.



6 Floor to ceiling



Sets: 1 Duration: 15-20s

Sit on a chair with your legs wide open and your feet flat on the floor. First, reach forward, with your wrist extended. Second, reach toward the floor as far as possible. Third, reach upward. Fourth, reach sideways, with both hands at shoulder level and thumbs up. And finally, bring the arms on the thighs and repeat the sequence. Think about making big amplitude movement.

7 Seated dips



Sit on a chair with armrests, with your feet flat on the ground. Push with your arms on the armrest to lift the hips off the chair. Hold the position for a count of 2, then sit down slowly on the chair while controlling the position with the arms. Avoid putting too much weight on your feet because the exercise is meant to work the arms.

8 Hip strengthening, 3 ways



Stand straight, using the wall/chair for balance as needed. First, lift your leg out in front of you with your toes flexed, keeping your upper body upright. Next, bring your leg out straight beside you keeping your toe pointing forward. Finally, bring your leg out straight behind you, going as far as you can, using only your leg and without bending your trunk. The key is: keeping your upper body straight and not moving throughout all 3 directions.

9 Standing fire hydrant



Stand up. Lift your feet off the floor and bend your knee slightly. Without moving your trunk, rotate the leg toward the outside. Return to the starting position. Do not rotate the trunk. Do not rush the movement.

10 Isometric knee flex./ext. 45°



Sit at the edge of a bed/chair with your ankle crossed. Bend your knees 45°. Try to extend the bottom leg and bend the top leg by pushing your ankles together as much as you can without moving. Relax and repeat the exercise crossing your ankle the opposite way.



11 Core stabilization



Sets: 1-2 Reps: 10-15 Freq: 3x/wk Tempo: slow

Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched).

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction.

Maintain a steady abdominal breathing while you straighten one leg and draw the alphabet with your foot, keeping your back and pelvis completely still.

The ball should not move during the exercise.

Lower your leg and repeat with the other leg.

12 High to low torso rot.



Use the open hands or the clasped hands position as you are able. Sit on the chair with your feet wider than shoulder width. Start in an "up" position as shown. Rotate down with the arms extended across your body to the opposite side. Eyes should follow the hands at all times. Bring your hands back to the starting position and repeat for the required sets and reps. Then repeat on the opposite side.

13 Hip abduction with knees straight



Sit down on a chair.
Extend your knees so your legs are straight.
From this position, open and close your legs.

14 Plank with arm lift



Keep the body stable and put your hands on a table or countertop. Your torso and legs should be in a straight line.

From this plank position, lift one hand off the table and touch the opposite shoulder.

Brace the core to prevent any rotation of the torso as you lift the hand.

Keep the head in line with the spine during the movement.

Keep the shoulder blade of the support arm stable on the rib cage as you lift the opposite arm.

15 Mountain climber



With your hands placed on a chair, take a plank position of about 45 degrees with your body straight without bending at the hips.

Keeping the body stable and the abdominals tight, lift one knee to the chest.

Return to the initial position and repeat with the other leg.



16 Leg lift on chair



Sit in a chair with your back straight and feet flat on the ground. Extend the knees as much as possible, then lift your thighs off of the chair in a controlled movement. Keep your trunk stable as you lift your thighs.

17 Quad-Brain-Tract: Sitting



This exercise is a three step movement and is always performed with the non-surgical limb first. Perform the exercise on the non-operative leg once or twice and gradually increase repetition on the surgical limb. Sit on the edge of the chair with both legs extended and heels touching the floor. First, tighten the thigh muscle with the non-operative leg first with a maximal effort. Secondly, lift the leg with the knee as straight as possible, and then bend the knee as far as you can prior to straightening your knee again. Thirdly, lower the heel to the floor. Repeat with the surgical limb. Do as many repetitions as possible with the surgical leg.

18 Seated overhead reach



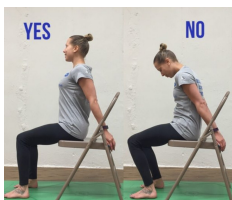
Sit up as upright as you can with your hands resting on your thighs and your feet wide open. Then, shift your weight onto your left side and place your left forearm on your thigh. Finally, take your right hand up as high as possible and keep your eyes on your hand throughout the entire movement. Then, repeat on the other side.

19 Upper back stretching



Sit in a chair with your feet firmly on the ground. Bend forward and grab the front of the chair legs with your opposite arms. Slowly arch your trunk up to round your upper back.

20 kk Seated Chest Stretch





21 Posterior cuff stretch



Stand straight and bring one arm in front of your body at shoulder height. Use the opposite arm to lightly push on your elbow to accentuate the stretch. Hold the position when you feel a comfortable stretch behind the shoulder. Do not rotate the trunk.

22 Stretching side bend



Stand straight with your feet hip width apart and look directly ahead of you. Lift one arm up above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk. Maintain the stretch without twisting or leaning forward. Slowly return to initial position.

23 Hamstring stretch



Sit up in a chair and place your foot on a stool and the other leg at 90 degrees. Place the hands on the knees and bend forward from the hip until you feel a stretch in the back of your outstretched leg. Roll your hips back as to slightly arch your lower back to accentuate the stretch. The toes of the stretched leg should not be pointing forward but lifted up. Relax. When you bend your body forward, do not bend your knee. Keep your leg straight.