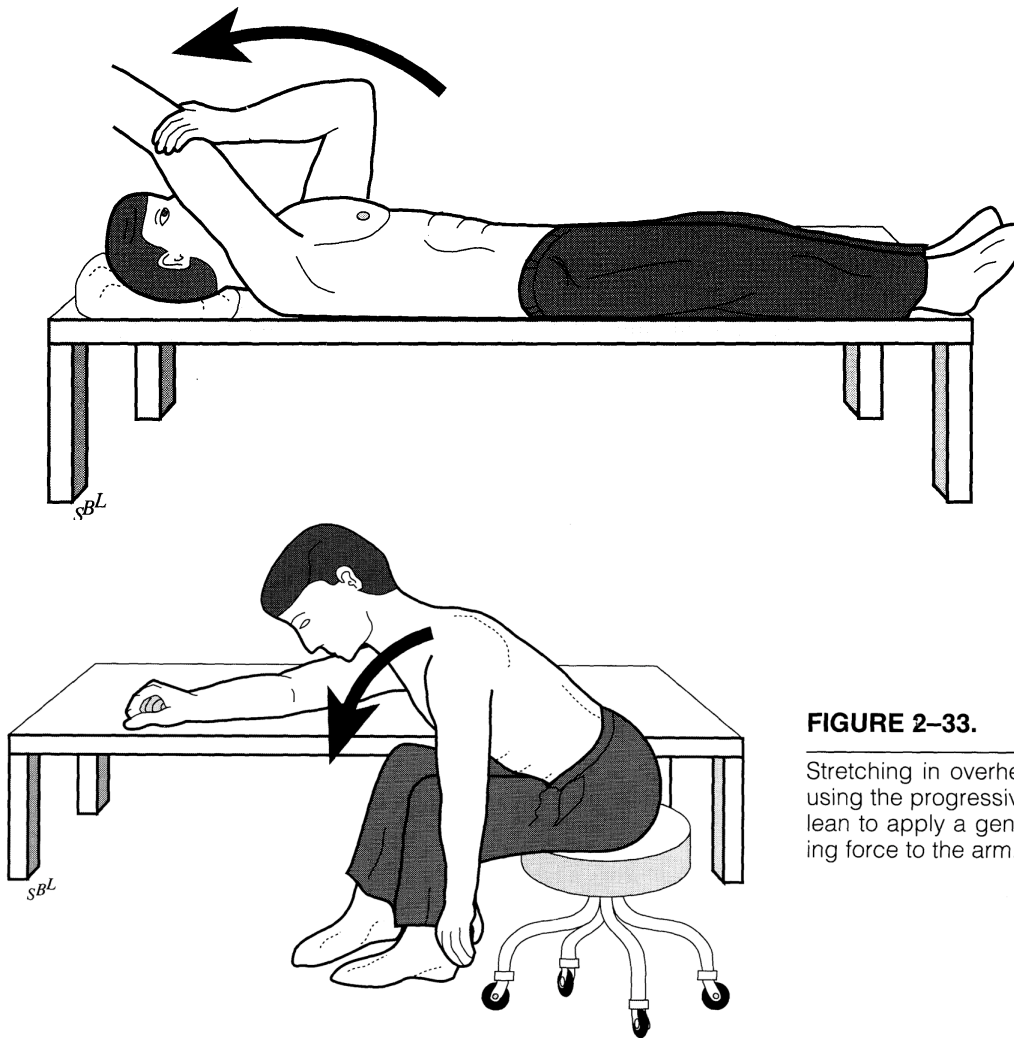


## FULL MOTION PROGRAM (ACTIVE, ACTIVE-ASSIST, PASSIVE)

Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each day. Active use of the shoulder is permitted as tolerated, however specific strengthening exercises are avoided until you achieve full supple pain free range of motion. Anti-inflammatory medication is allowed and encouraged to help manage pain and to prevent stiffness.

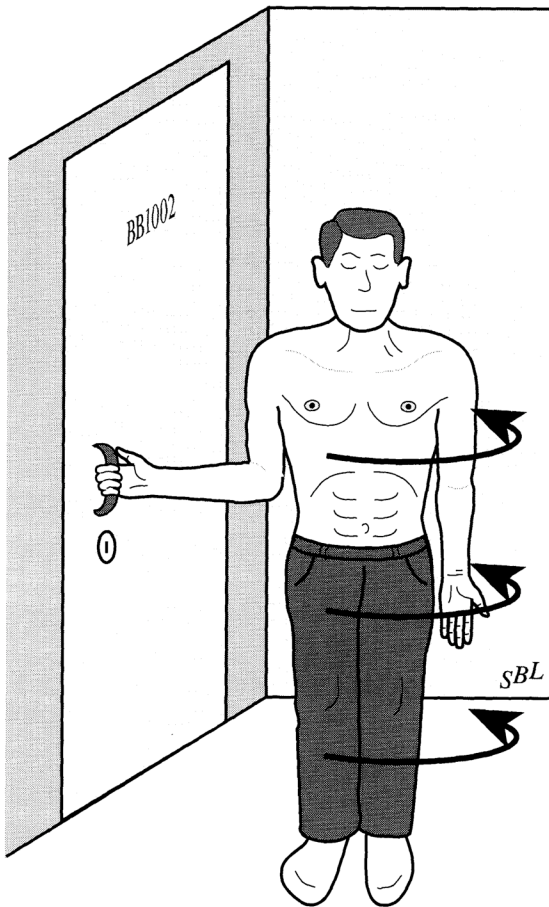
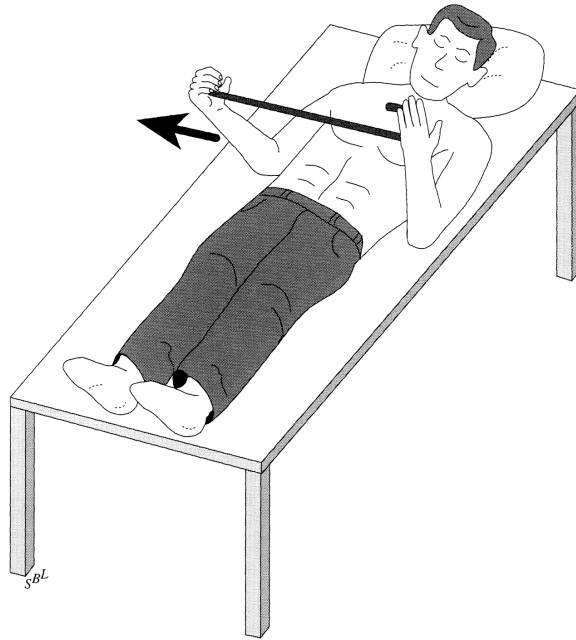
**GOAL: Full range of motion, supple and pain free by 6 weeks post-operatively**



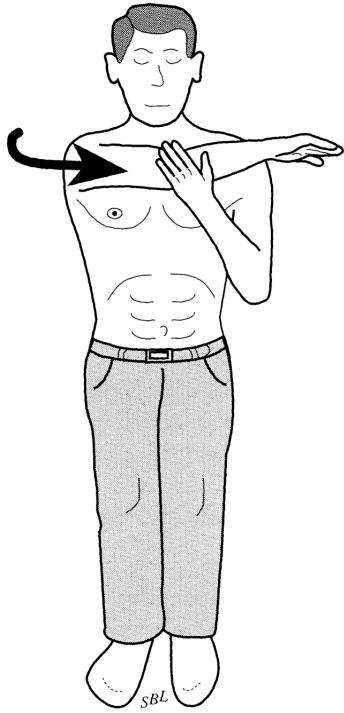
**FIGURE 2-33.**

Stretching in overhead reach using the progressive forward lean to apply a gentle elevating force to the arm.

**FIGURE 2-34.**  
Stretching in external rotation  
using the opposite hand as  
the "therapist."

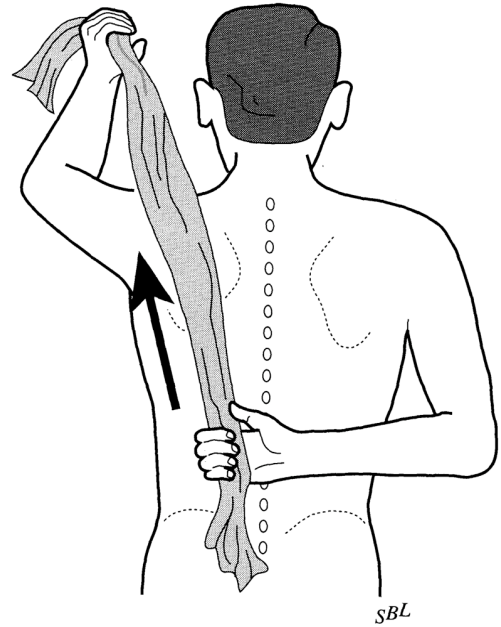


**FIGURE 2-35.**  
Stretching in external rotation  
by turning the body  
away from a fixed object  
to apply a gentle stretching  
force.



**FIGURE 2-37.**

Stretching in cross-body reach using the opposite arm as the "therapist."



**FIGURE 2-36.**

Stretching in internal rotation using a towel to apply a gentle stretching force.