

BRISTOW LATARJET (PHASE 2: Continued Protection of Capsular Shift & Bone Graft)
Phase 6 - 12 WEEKS)

HAND BEHIND BACK WITH ASSIST



Hold your operated arm with your NON-operated hand and move your hand up your back.

BELLY PRESS



Press hand against belly. Vary the duration of the 'press'.

CLOSED CHAIN BASICS

(WEIGHT TRANSFERENCE)



SUBSCAPULARIS LIFT-OFF IN STANDING / LYING



Starting with your hand behind your back (standing easier), with your wrist at about belt height, lift the back of your hand **just** off your back. Make sure the elbow doesn't move backwards too.