

**BRISTOW LATARJET (PHASE 1: Protection of Capsular Shift & Bone Graft Phase  
FIRST 6 WEEKS)**

**PENDULUMS**



Completely RELAX operated shoulder.

Bending forward allows relaxed arm to hang down towards the ground.

No circles please

**SCAPULAR RETRACTION**



Pull shoulder blades together.

**SHOULDER SHRUGS**



Shrug shoulders up and down in a controlled way.

**PASSIVE ELBOW FLEXION**



Move your elbow up and down with assistance from NON-operated arm.

### ACTIVE ONLY EXTERNAL ROTATION to 0° WITH ELBOWS BY SIDE



Rotate your arm(s) outward making sure you keep your elbows by your side. Only rotate out to 12 o'clock.

### PASSIVE ONLY INTERNAL ROTATION



Completely RELAX your operated arm by supporting the weight of this arm with your other hand.

Rotate your operated arm inwards using your other hand.

### ACTIVE ASSISTED FLEXION IN LYING



Lie on your back. Grasp your operated arm with your unaffected arm/hand.

Move your operated arm 'up and over' your head. Try not to tense your operated shoulder too much as this will lessen your range and make the movement more uncomfortable.

### ACTIVE ASSISTED FLEXION SLIDING HAND ALONG TABLE



Slide your hand along a table. Can place hand on a cloth to make it slide easier.

**ACTIVE ASSISTED ABDUCTION SLIDING HAND ALONG TABLE**



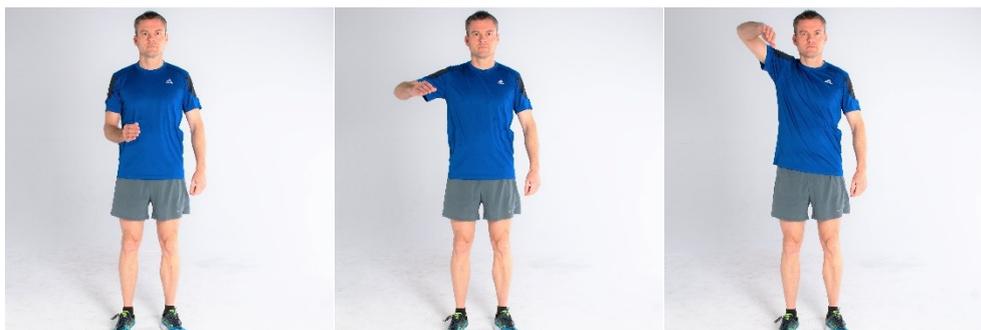
Slide your hand along a table (place hand on a cloth to make it slide easier). **MUST** have palm facing down & crease of elbow facing forward.

**CATERPILLARS UP WALL**



The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. Add to this, initially helping with your other arm, allows for a smooth transition towards normal lifting over this Phase 2 period.

**ACTIVE ABDUCTION WITH NO COMBINED EXTERNAL ROTATION**



Keep elbow bent and hand pointing forward as shown throughout the movement to make sure you don't combine external rotation with it. Lift arm out to side.

**FLEXION ACTIVE RANGE OF MOVEMENT**



Lift arm forward, as shown, with elbow bent or straight. Lift it as high as you can.

**OPEN CHAIN PROPRIOCEPTION IN LYING**



Draw alphabet in air with **ONLY** small letters, being mindful not to combine abduction with external rotation until week 12.