

**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 1:  
Protection of Capsular Shift Phase FIRST 6 WEEKS)**

**PENDULUMS**



Completely RELAX operated shoulder.

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

**SCAPULAR RETRACTION**



Pull shoulder blades together.

**SHOULDER SHRUGS**



Shrug shoulders up and down in a controlled way.

**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.

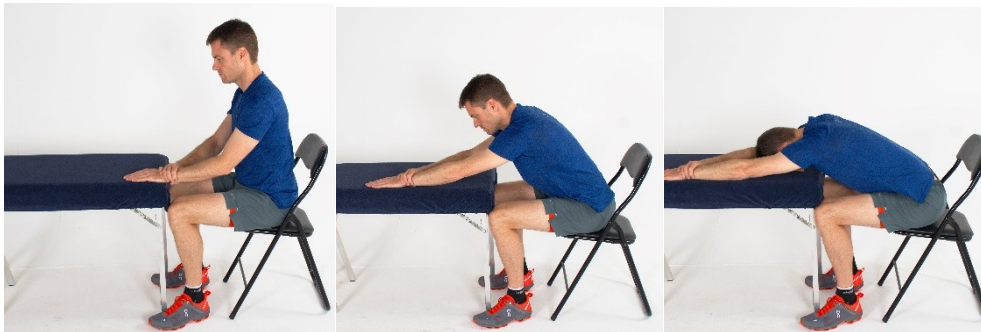
### ACTIVE ASSISTED FLEXION IN LYING



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.

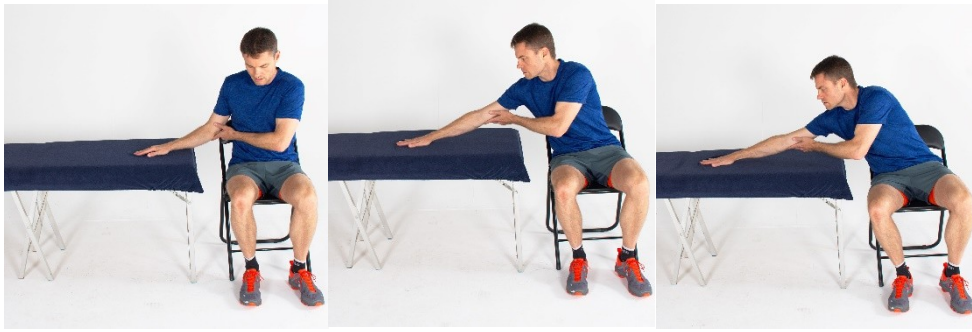
### ACTIVE ASSISTED FLEXION SLIDING HAND ALONG TABLE



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. Can place hand on a cloth to make it slide easier. MUST have palm facing down & elbow crease facing forward. May bend elbow to 90° & slide forearm.

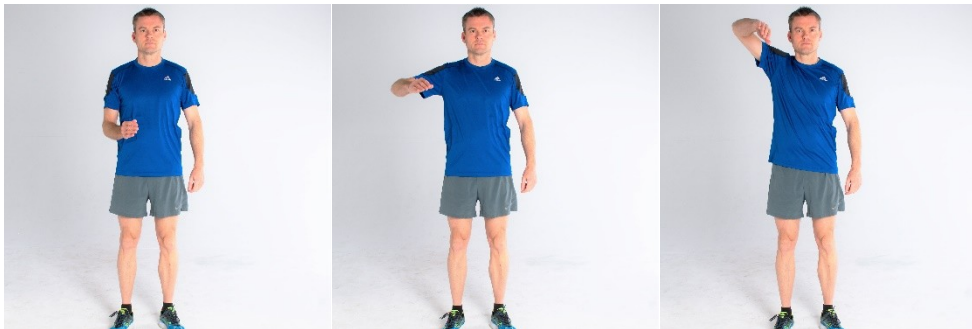


### CATERPILLARS UP WALL



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 & EXTENSION ACTIVE RANGE OF MOVEMENT (elbow bent or straight)



**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.