

**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 3:  
Unrestricted Movement & Loading Phase WEEKS 12+)**

**ROTATION OUT WITH THERABAND**



**ROTATION IN WITH THERABAND**



**PUSHING MOTION WITH THERABAND**



**PULLING MOTION WITH THERABAND**



**OUT FROM SIDE WITH THERABAND**



**IN TO SIDE WITH THERABAND**



**ROTATION OUT (EXTERNAL ROTATION) IN SIDELYING**



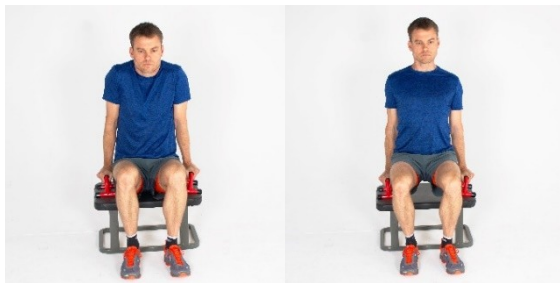
Lie on your side with a light weight in your hand. Rotate your arm outwards. Maintain control throughout the movement.

### EXTERNAL ROTATION IN SUPPORTED ABDUCTION & SCAPTION



Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Start with a light weight. Vary your body position between sets.

### LOWER TRAPEZIUS SEATED LIFT

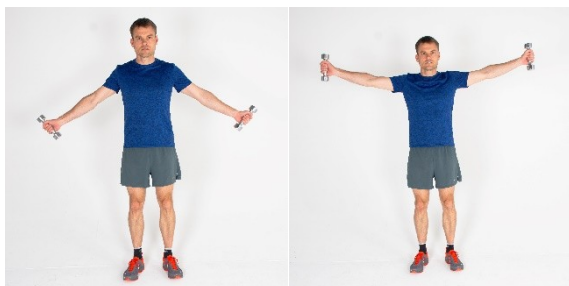


Maintain straight elbows. Lift bum off seat by pulling shoulder blades down. Place hands or fists on handles, books or blocks.

### SHOULDER PRESS



### SHOULDER ABDUCTION WITH WEIGHT



### SHOULDER FLEXION WITH WEIGHT



**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 4:  
Advanced Strength & Conditioning)**

**REVERSE PUNCH**



Pull hand / weight to  
arm-pit. Kneel and  
lean on a stool or  
chair.



**CLOSED CHAIN EXERCISES ON FLOOR (WEIGHT TRANSFERENCE, CRAWLING, BEAR CRAWLS ETC)**



**COMBINATION LOADING (easy band to start with) – variation is the key!**

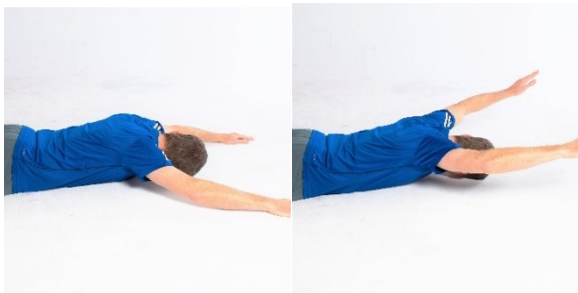




### PRONE SCAPULAR RETRACTION EXERCISES

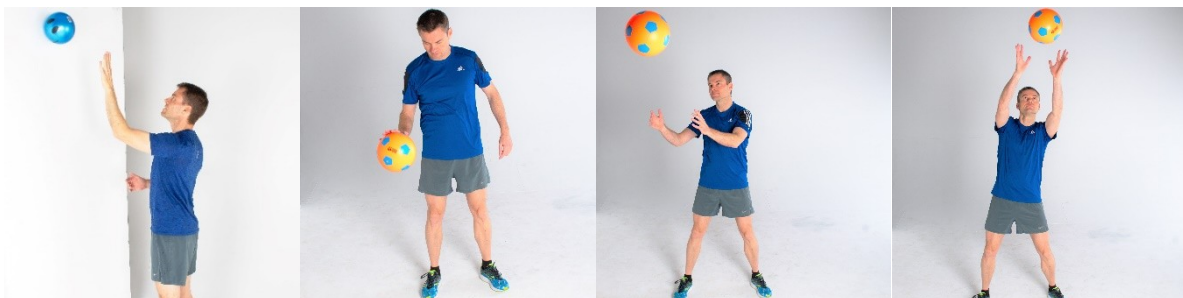


### PRONE 'Y' EXERCISE



Feel your shoulder blades pull in and down with these 3 different exercises done whilst lying on your stomach. Vary the times you hold your arms in the air.

### COORDINATION / PROPRIOCEPTION DRILLS



Bounce, catch and throw a ball in different positions. Only do what you're comfortable doing, ensuring no feelings of instability. Do under controlled conditions. Please don't progress drills too quickly. Must remain symptom-free.



## PUSH-UP PLUS



Do a Push-up. Once your elbows are straight, continue to press your palms into the floor and drive the middle part of your spine towards the ceiling. Repeat. Make it easier by doing it off your knees.

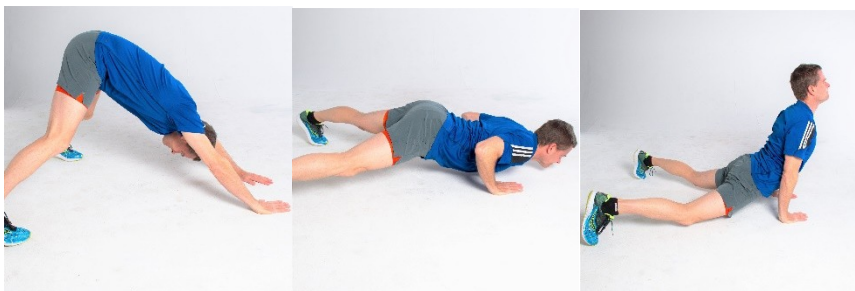


## STATIC DOWNS (Time Under Tension)



Adopt the push-up position (off your feet or knees). Lower your body towards the ground until you find the spot in the middle of the movement where your arms start to shake ('the tremor of truth'). Hold this position for the prescribed amount of time.

## DIVERS (HALF HINDUS)



Start in the 'A' Frame position as shown. Move your body down and forward like you're ducking through a gap under a fence. To make the exercise easier, don't duck as low. Finish with hips low and shoulders high.