

LEVEL 1 EXERCISES

Level 1 = < 20 % intensity
Most movements have the arm supported

GUIDE :- R= ROM S=STRENGTHENING P=PROPRIOCEPTION
C= CORE

These exercises are only meant as a guide...surgeons post op protocol must be adhered to.

EXERCISES	R	S	P	C
<i>Flexion in side lying</i>	X		X	
<i>Flexion using ball</i>	X		X	
<i>Abduction using ball</i>	X		X	
<i>Flexion on table(walk away)</i>	X		X	
<i>Abduction on table</i>	X		X	
<i>External rotation on table</i>	X			
<i>Pulleys</i>	X			
<i>Posterior capsule stretch</i>	X			
<i>Forward flexion with exercise bar</i>	X			
<i>Prayer position</i>			X	
<i>Balance point in supine</i>	X	X	X	
<i>Balance point in side lying abduction</i>	X	X	X	
<i>Shoulder shrugs</i>	X			
<i>Facilitate scapular protraction</i>	X		X	
<i>Pendular exercises</i>	X			
<i>Scapula setting</i>			X	
<i>Dusting table top</i>	X		X	
<i>Rolling ball with wt.transfer</i>	X		X	
<i>Ext Rot side with bar(lying)</i>	X		X	
<i>Ext Rot with bar 90°(lying)</i>	X		X	
<i>Ext Rot stand</i>	X		X	
<i>Int Rot stand</i>				