

LEVEL 2 EXERCISES

21 – 40 % intensity

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

These exercises are only meant as a guide please adhere to surgeons post op protocol

EXERCISES	R	S	P	C
Isometric exercises in sitting external rotation		X		
Isometric exercises in sitting abduction		X		
Isometric exercises in sitting internal rotation		X		
Isometric exercises in sitting external rotation through range		X		
Towel slides up wall	X		X	
Unilateral shoulder flexion in 4 point kneeling		X	X	
Ball on wall (short lever)	X	X	X	
Theraband flex with resisted Ext Rot in lying	X	X	X	
Walking up wall	X	X	X	
Napolean with pillow		X		
Active range of movement	X	X		
Balance point in supine (progress through range)	X	X	X	
Balance point in side lying (progress through range)	X	X	X	
Closed chain sensorimotor rehab:- Weight transfer in standing against table/wall			X	
Balancing balls on top of each other				
Rowing - narrow & middle		X		