

LEVEL 3 EXERCISES

> 40 % intensity

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

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

EXERCISES	R	S	P	C
<i>Theraband isometric external rotation long lever</i>		X	X	X
<i>Diagonal pattern exercise with theraband</i>		X	X	X
<i>Diagonal pattern exercise with free weights and step</i>		X	X	X
<i>Dynamic hug with theraband and ball</i>		X	X	X
<i>Diagonal pattern abduction in elevation to adduction with exercise band</i>		X	X	X
<i>Diagonal pattern adduction in elevation to abduction with exercise band</i>		X	X	X
<i>Diagonal pattern adduction to abduction in elevation with exercise band</i>		X	X	X
<i>Diagonal pattern abduction to adduction in elevation with exercise band</i>		X	X	X
<i>Ball over head</i>		X	X	
<i>Progress push ups / plus</i>		X	X	X
<i>Military press</i>		X	X	
<i>Rowing (wide)</i>		X	X	
<i>Exercises over the ball</i>		X	X	X
<i>Forward punch</i>		X	X	
<i>Standing press up</i>		X	X	
<i>Scapula if needed</i>		X	X	
<i>Progress to open chain sensorimotor rehab:-</i>			X	X
<i>Catching a ball</i>				
<i>Throwing</i>				
<i>Throwing at a target</i>				
<i>Dribbling a ball</i>				
<i>Pointing/repositioning</i>				