

Peter Ameglio, M.D.
*Orthopedic Surgeon
Foot & Ankle Surgery*

Brad Castellano, D.P.M
Foot & Ankle Specialty



Ronald D. Gardner, M.D.
*Arthroscopic Reconstructive Surgery
Joint Replacement*

Robert Martinez, M.D.
*Arthroscopic Shoulder Surgery
Joint Replacement*

3033 Winkler Avenue, Suite 100
Fort Myers, Florida 33916

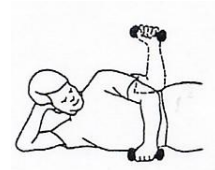
GardnerOrthopedics.com

Phone: (239) 277-7070
Fax: (239) 277-7071

SHOULDER EXERCISES: STAGE-3

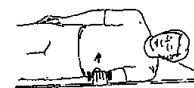
External Rotation

- Lie on your uninjured side with your injured side elbow bent at 90 degrees and hold firmly against your hip.
- Slowly lift the fist of your injured side toward the ceiling as far as you can, while keeping your elbow firmly lock against your hip. Slowly return to starting position.
- Repeat 10 times.



Internal Rotation

- Lie on your injured side with your elbow bent 90 degrees and hold firmly against your hip.
- Slowly lift the fist of your injured side toward the ceiling as far as you can, while keeping your elbow hold firmly against your hip. Slowly return to the starting position.
- Repeat 10 times.



Abduction

- Stand with arms at your side, elbows straight, and thumbs pointed toward the ceiling.
- Slowly lift your arms out to the side and toward the ceiling as far as you can, while keeping elbows straight. Slowly return to the starting position.
- Repeat 10 times.



Forward Flexion

- Stand with arms at your side, elbows straight, and thumbs pointed toward the ceiling.
- With clenched fists, slowly lift your arm out in front of you and toward the ceiling as far as you can while keeping elbows straight. Slowly return to the starting position.
- Repeat 10 times.



-
- **Begin all exercises with 1-pound weights. Increase weight in 1-pound increments as the exercises become easier, if there is no pain.**
 - **Perform all above exercises daily unless instructed otherwise. For those that cause pain, discontinue and try again once weekly. When or if they no longer hurt, add them to the routine.**
 - **Dr. Gardner recommends icing for 10-20 minutes after you finish the exercises.**