

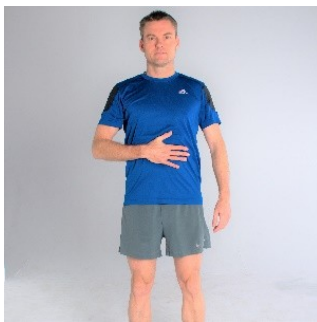
**ANTERIOR SHOULDER STABILISATION: ARTHROSCOPIC CAPSULAR SHIFT (PHASE 2:
Continued Protection of Capsular Shift Phase 6 - 12 WEEKS)**

HAND BEHIND BACK WITH ASSIST



Hold your operated arm with your NON-operated hand and move your hand up your back.

BELLY PRESS



Press hand against belly. Vary the duration of the 'press'.

CLOSED CHAIN BASICS (WEIGHT TRANSFERENCE)



SUBSCAPULARIS LIFT-OFF IN STANDING / LYING



Starting with your hand behind your back (standing easier), with your wrist at about belt height, lift the back of your hand **just** off your back. Make sure the elbow doesn't move backwards too.

EXTERNAL ROTATION (ER) WITH THERABAND ($\leq 20^\circ$ ER ONLY)



INTERNAL ROTATION WITH THERABAND ($\leq 20^\circ$ EXTERNAL ROTATION ONLY)

