

## Rehabilitation Guidelines

### Phase 3: 3 months—6 months

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### Theraband exercises

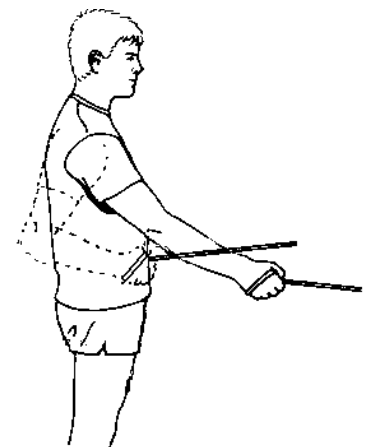
Perform theraband exercises in series of ten, 3x (ie 30 times), twice a day

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- **Theraband rowing**

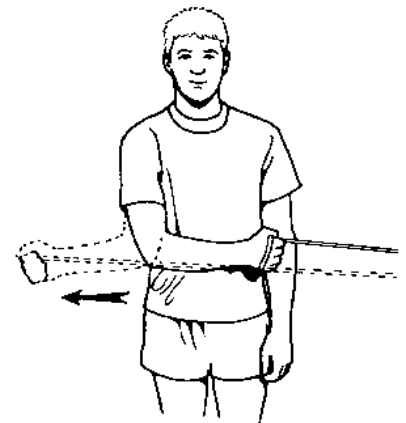
Tie Theraband to door handle and take hold of each end with both hands.

Keep your elbows bent and pinch shoulder blades as you pull both arms backwards in a rowing motion.



- **Theraband external rotation**

Tie theraband to door handle and pull affected forearm outward away from the body. Keep affected elbow bent and by the side of the body.



3x10 reps 2x/day

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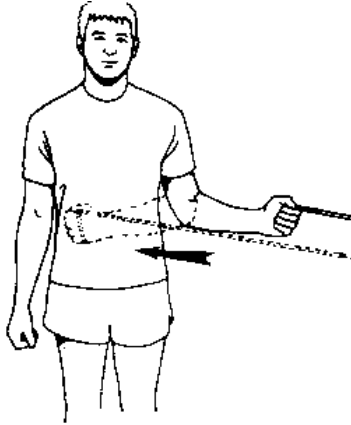
10 reps 3x/day



## Phase 3—Theraband exercises

- **Theraband internal rotation**

Tie theraband to door handle, and pull affected forearm in across the body. Keep affected elbow bent and by the side of the body.



- **Straight arm lifts**

Holding a light weight, raise affected arm out in front of body and lift upwards towards ceiling. Keep elbow straight.

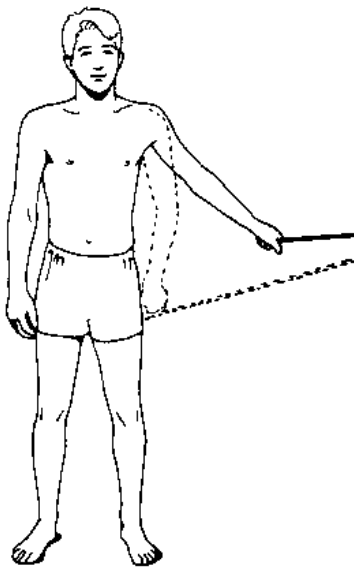


*All exercises*

**3x10 reps 2x/day**

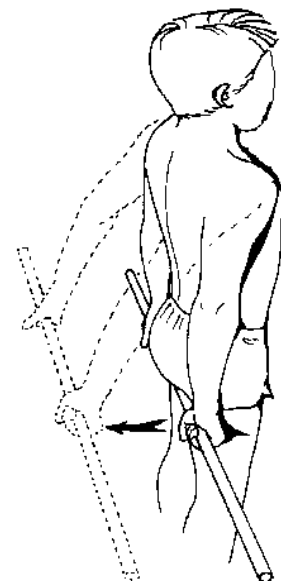
- **Theraband adduction**

Tie theraband to a hook at shoulder height. Pull affected arm in towards your hip. Keep the elbow straight.



- **Shoulder extension**

Holding a walking stick, or broom handle with an overhand grip behind your back. Push the stick backwards away from your back.



**PROFESSOR GEORGE MURRELL**

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## Next milestone

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### 6 MONTHS

- Final visit with Prof Murrell.
- Return to full work and heavy sports.

