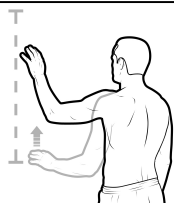


# STAGE 2 REHABILITATION

## NON-OPERATIVE SHOULDER DISLOCATION

FOR MARTIN LAURENT PICANDET | BY THOMAS BANGALTER

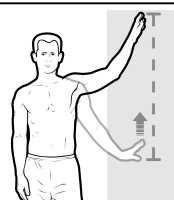


### FINGER WALL-WALKING: FLEXION

Standing facing a wall, slowly walk your fingers up the wall as far as you can. Slowly walk your fingers back down to hip height and repeat.

SETS & REPS: 5 reps

FREQUENCY: 1-3 x day



### FINGER WALL-WALKING: ABDUCTION

Standing side-on to a wall, slowly walk your fingers up the wall as far as you can. Slowly walk your fingers back down to hip height and repeat.

SETS & REPS: 5 reps

FREQUENCY: 1-3 x day

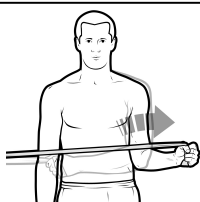


### EXTERNAL ROTATION STRETCH

Place your wrist against a door frame with your elbow bent to 90° and tucked in against your side. Slowly rotate your body away until you feel a stretch in your shoulder. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 1-3 x day

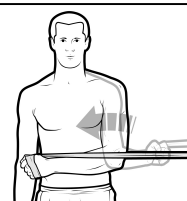


### RESISTANCE BAND EXTERNAL ROTATION

Hold the resistance band with your thumb upwards, elbow at your side and bent to 90°. Start with your forearm across your body then rotate it outwards as far as you can. Return to the start position. Repeat.

SETS & REPS: 3 x 10

FREQUENCY: Daily

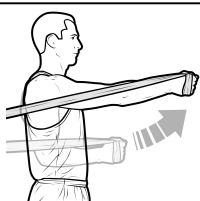


### RESISTANCE BAND INTERNAL ROTATION

Hold the resistance band with your thumb upwards, elbow at your side and bent to 90°. Start with your forearm rotated outwards 45° then rotate it across your body. Return to the start position and repeat.

SETS & REPS: 3 x 10

FREQUENCY: Daily

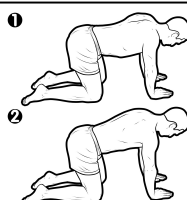


### RESISTANCE BAND SHOULDER FLEXION

Attach a length of resistance band to a fixed object behind you. Grasp the resistance band with your arm by your side and elbow bent to 90°. From this position, raise your arm, straightening your elbow until your arm is at shoulder height. Slowly return to the start position and repeat.

SETS & REPS: 3 x 10

FREQUENCY: Daily

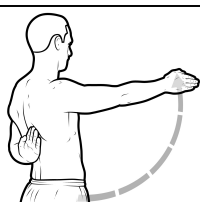


### SCAPULAR RETRACTION AND PROTRACTION

On your hands and knees on the floor, slowly lower your chest towards the floor, moving your shoulder blades together as much as you can (1). From this position, move your shoulder blades as far as you can around your rib cage, raising your chest away from the floor (2). Slowly return to position (1) and repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily



### SCAPULAR CONTROL WITH SHOULDER FLEXION

Stand with your arm at your side and use your opposite hand to palpate the lowest point of your shoulder blade. Set your shoulder blade in a 'neutral' position and slowly raise your arm, monitoring with your opposite hand that your shoulder blade does not move. Slowly lower and repeat.

SETS & REPS: 3 x 20

FREQUENCY: Daily