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MBBS FRACS (Orthopaedics)
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Exercise & Rehab

Active Assisted Exercises

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Exercise & Rehabilitation

Active Assisted Exercises

Active Assisted Flexion - Repeat 10 times

Lie flat with your knees bent. Hold a stick with your hands just wider than your shoulders. Lift your arms up over your head until you feel a stretch. Do not force the movement. Hold for a few seconds then lower.



Active Assisted External Rotation - Repeat 10 times

Lie flat with your knees bent. Put a folded towel under your elbow. With your elbow bent to 90 degrees and kept by your side, push your hand outwards with the unaffected hand until you feel a stretch. Do not force it. Hold for a few seconds then move back to the starting position.



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These notes are intended as a guide and some of the details may vary depending on your individual circumstance and at the discretion of your surgeon.