

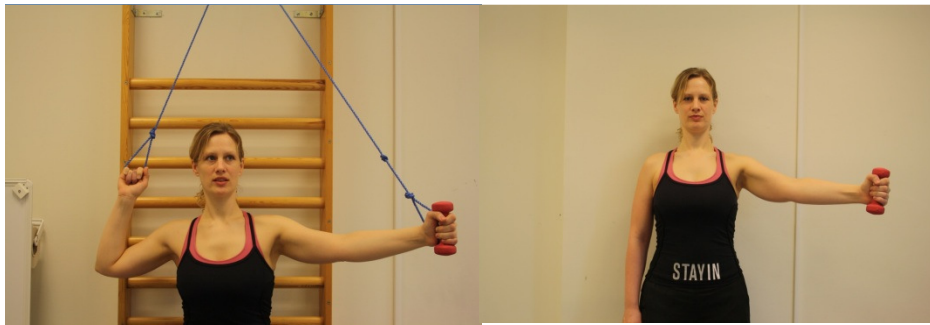
## Specific exercise program [posted as supplied by author]

- To perform twice a day for the first 8 weeks then once a day for the last 4 weeks



### Exercise 1

**Week 1-12** Shoulder retraction,  
exercise for the scapula stabilisers  
15 repetitions\*3



### Exercise 2

**Week 1-8** Full can eccentric exercise  
for m. supraspinatus  
15 repetitions \*3

**Week 9-12** Full can  
concentric/eccentric exercise for  
m. supraspinatus  
10 repetitions\*3 ⇔  
15 repetitions\*3



### Exercise 3

**Week 1-8** Eccentric exercise for  
m. infraspinatus and m. teres minor  
15 repetitions\*3

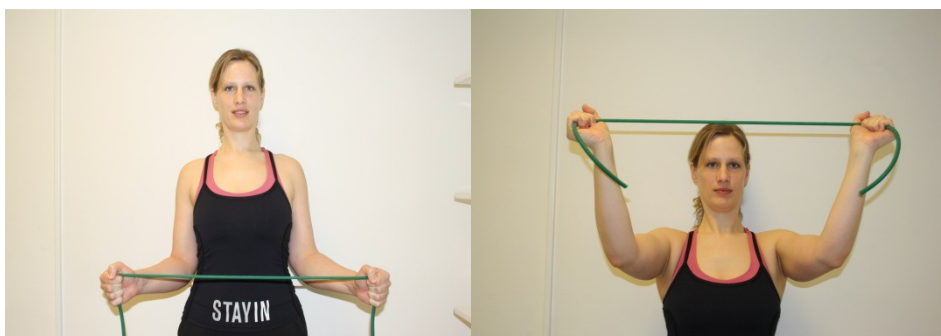
**Week 9-12**  
Concentric/eccentric exercise  
10 repetitions\*3 ⇔  
15 repetitions\*3



### Exercise 4

**Week 1-8** Concentric/eccentric  
exercise for m. serratus anterior  
15 repetitions \*3

**Week 9-12**  
Push up plus exercise  
10 repetitions \*3 ⇔  
15 repetitions \*3



### Exercise 5

**Week 5-8** Bilateral external rotation;  
a combined exercise for the rotator  
cuff and the scapula stabilisers  
10 repetitions\*3 ⇔  
15 repetitions \*3

**Week 9-12**  
Elevation with bilateral external  
rotation  
10 repetitions \*3



**Exercise 6**  
**Week 1-12** Posterior shoulder stretch  
30-45 seconds\*3