

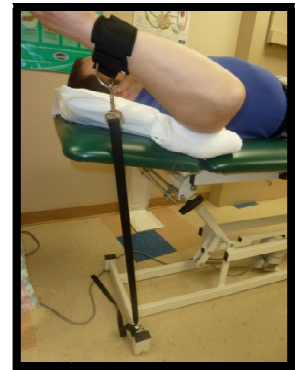


Performance Rehab Products LLC

Instructions for use of TERT Shoulder System

Prolonged External Rotation Stretch:

Patient is lying supine close to the edge of the table on the side of the involved shoulder you want to stretch. Prop the patients arm on a pillow or towel to position the shoulder into scaption. Apply neoprene cuff to the wrist of the treatment arm. Attach the snap hook to the D-ring on the cuff. Now take the other snap hook and wrap it around the base of the table and attach the snap hook to the one inch D-ring and pull the strap until it cinches tightly to the base. Hold the cam buckle down as you pull the excess strap through the buckle until it is taught and the shoulder is in an externally rotated position then release the cam buckle. Tighten to a comfortable stretch. (fig.1) Low load, long duration is the key to this stretching technique.



(fig.1)

Protocol:

- 1: Active warm up on UBC for 10'
- 2: TERT into ER for 20' with moist heat (20' is optimal, 10' is acceptable amount of time)
- 3: Mobilizations and PROM
- 4: TAS (total arm strengthening) Exercise using agonist/antagonist method to strengthen the entire RC
- 5: TERT into ER for 20' with ice.

*Please reference article "Focused exercise aids shoulder hypomobility" by George Davies and Todd Ellenbecker

**All techniques are at the discretion and professional judgment of the physical therapist. Performance Rehab Products LLC cannot be held liable for improper use of this product.

Please contact prpllc@hotmail.com with any questions about the product

