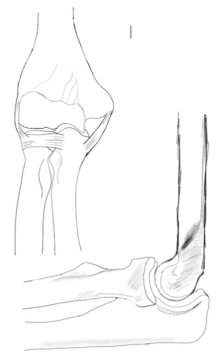
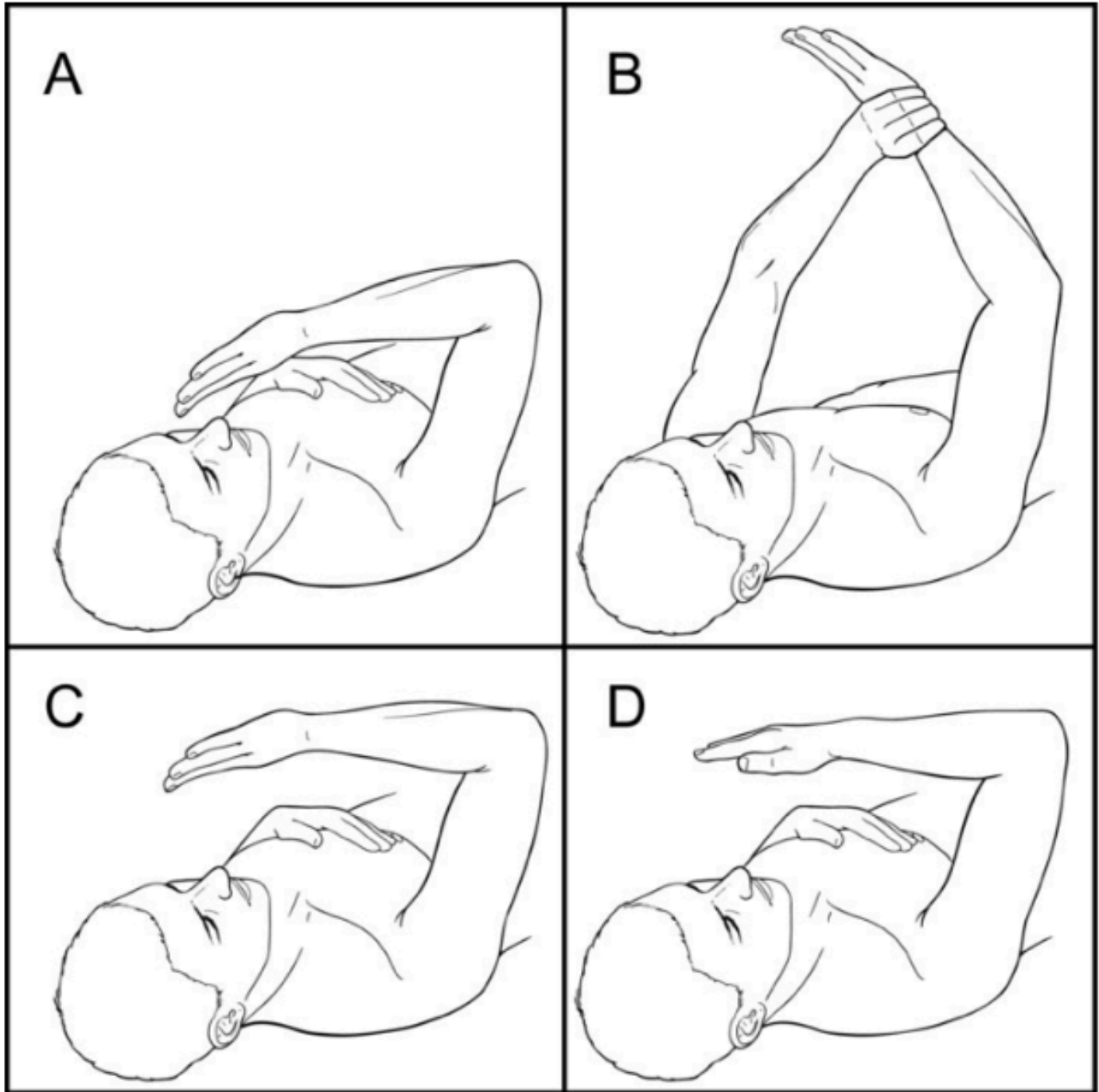


MATTHEW J. DUBIEL M.D.
SHOULDER AND ELBOW SURGERY



ELBOW INSTABILITY REHAB



Overhead motion exercises. These exercises are performed under the direct supervision of a therapist. The patient is positioned supine (lying on back) with the shoulder flexed, adducted, and in a neutral to external rotation position. This position eliminates gravitational varus and distraction forces. In this position, A elbow flexion, B extension, C pronation, and D supination motion exercises are performed.