



P R E M I E R
PHYSICAL THERAPY

Where it's all about you... all the time.

OFFICE 904-996-6922 **FAX** 904-996-6923 **WWW.PPTJAX.COM**

SOUTHSIDE 3500 BEACHWOOD COURT, STE 203, JACKSONVILLE, FL 32224

BEACHES 1492 SOUTH THIRD STREET, JACKSONVILLE BEACH, FL 32250

NORTHSIDE 480 BUSCH DRIVE, JACKSONVILLE, FL 32218

PHYSICAL THERAPY TOOLS

- Soft tissue and joint mobilization
- Stretching and ROM exercises
- Strengthening exercises
- Lymphedema management
- Biofeedback
- Aerobic conditioning and endurance building
- Patient education

REHABILITATION FOLLOWING MRM

POST-SURGICAL

- Diaphragmatic breathing
- Soft tissue/scar tissue mobilization
- Joint mobilization: GH, AC, SC
- Patient education
- Three phases of therapeutic exercises
- Aerobic conditioning and endurance building
- Patient education

PHASE I EXERCISES (POST-OP)

- Shoulder shrugs
- Shoulder rolls
- Bar lifts: anterior, posterior, lateral
- Active shoulder flexion
- Pulleys

PHASE II EXERCISES (3-6 WEEKS)

- Rotator cuff elevation
- Sidelying triceps extension
- Shoulder extension
- Shoulder abduction
- Sidelying horizontal arm raises
- Sidelying shoulder ER
- (B) shoulder flexion

PHASE III EXERCISES (6-10 WEEKS)

- Continued bar lifts, shoulder ER, arm lifts
- Towel stretch for shoulder IR
- Ball stretch for shoulder flexion
- Bridging
- Shoulder pullovers