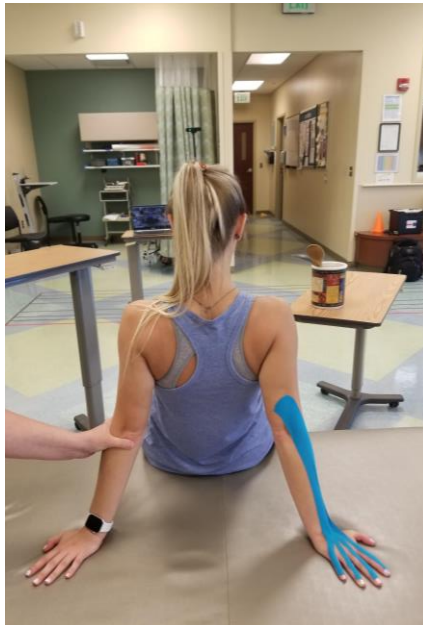




1

Graded  
weight  
bearing



- Start with patient short sitting on edge of mat table with feet supported
- Ideally BUE in external rotation and extension

2

- Support the patient through the affected scapula with your shoulder
- Support the affected elbow to prevent collapse
  - DO NOT LOCK OUT THE ELBOW



3

## Progression in this position

Weight bearing in short sitting

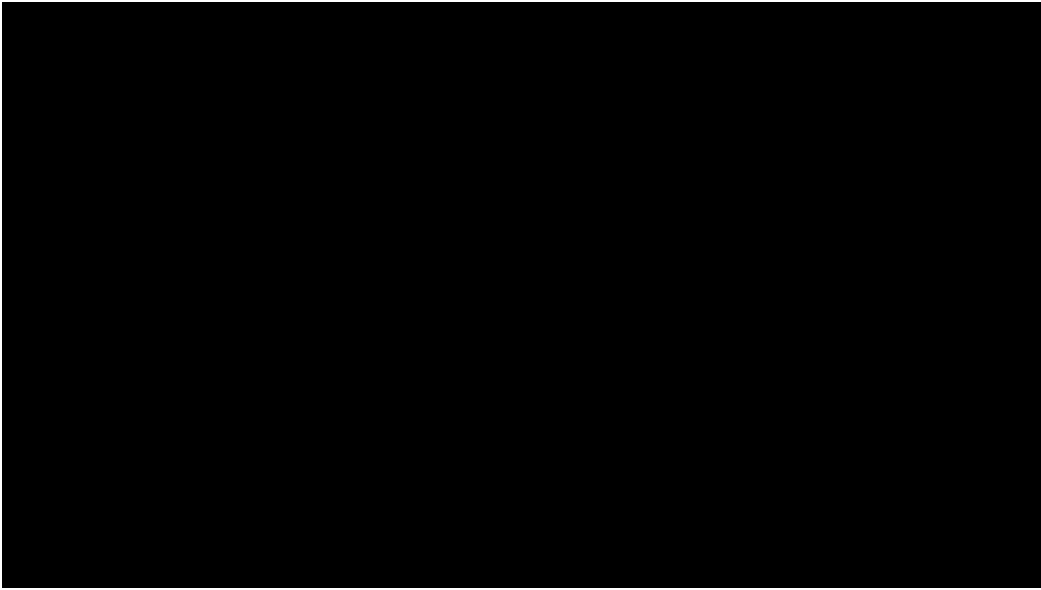
UE to the side in a neutral position

UE in external rotation and extension

UE in external rotation and extension with bridging

UE in external rotation and extension with bridging and reaching

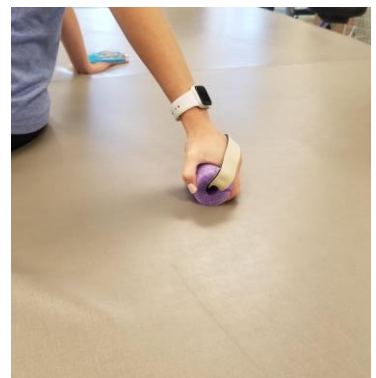
4



5



6



# Modifications

7

## Progressing to Yoga



8