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web rotator cuff and shoulder rehabilitation exercises to ensure that this program is safe and effective for you it should be performed under your doctor s supervision talk to your doctor or physical therapist about which exercises will

the treatment of multidirectional instability of the shoulder with a - Apr 30 2022

web jun 21 2016 the most commonly recommended initial treatment for multidirectional instability is a rehabilitation program although there is evidence to support the effect of conservative management on this condition the published literature provides little information on the exercise parameters of such programs

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web jan 24 2018 greetings from tri county orthopedics and carthage area hospital this video demonstrates the rockwood shoulder strengthening protocol to strengthen your rota