

For the Patient: Instructions for Use

Internal/External Rotation in Abduction

1. Sit in the folding chair to which the ERMI Shoulder Flexionater is attached with your back flat against the back of the chair (Figure A).
2. Position the arm that needs to be stretched into external rotation in the arm cradle as shown (Figure B) or the arm that needs to be stretched into internal rotation in the arm cradle as shown (Figure C).
3. If working on internal rotation, make sure that the anti-rotation bar is positioned in front of the shoulder that is going to be stretched (Figure D). If working on external rotation, make sure that the anti rotation bar is positioned in front of the shoulder that is not injured (Figure E).
4. Turn the actuator valve lever (Figure F) to set the arm cradle to rotate into internal rotation (Figure G) or into External Rotation (Figure H) as the pump handle is pumped (Figure I).
5. Pump the handle forward and back to advance the arm cradle into increasing degrees of external rotation or internal rotation.
6. Continue pumping the handle until you achieve a stretch that feels like the stretch your therapist gives you during in-clinic physical therapy sessions.
7. Hold the stretch for 10 minutes (see notes below).
8. Reduce the stretching load to your shoulder by turning the actuator valve lever to allow the arm cradle to move back toward you. You may pull the cradle by hand or use the pump to pump the cradle back toward you.
9. Relax and allow the muscles and tissues around your shoulder to recover from the stretch for 10 minutes (see notes below).
10. Release the stretch by activating the valve.
11. You have completed one internal or external rotation session with the ERMI Shoulder Flexionater. We recommend that you repeat this protocol 3 times throughout the day, everyday for a Total End Range Stretching Time of 60¹ minutes per day.



See reverse side for additional notes

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Notes:

Initially, you may become sore as your tissues have not been stretched to this degree. If so, we recommend that you start with one session per day for the first week, increase to 2 sessions per day in week 2, and plateau with 3 sessions per day (60 minutes end-range stretch) in weeks 3 and beyond.

The goal is to complete 60 minutes of end-range stretch each day broken into stretching intervals no longer than 10 minutes in duration. One way to do this would be 3 sessions of 10 minutes of stretch – 10 minutes of joint recovery – 10 minutes of stretch. If you cannot comfortably hold the stretch for 10 minutes, hold it for as long as you can, then relax for a similar duration. Repeat holding the stretch and relaxing for similar periods of time until 30 minutes have passed. For example you may hold the stretch for 2 minutes and relax for 2 minutes. Hold for 2 more minutes and relax for 2 minutes, repeating the cycle until 30 minutes have elapsed. Again, your goal is to stretch for 60 minutes per day. The amount of time you recover between stretching sessions does not count toward your total daily stretching time.

¹Davies, George J., PT, ATC and Ellenbecker, Todd S., PT. Focused exercise aids shoulder hypomobility. Biomechanics 1999, 77-81.