



ARC

ARTHROSCOPIC ROTATOR CUFF TRIAL

ROTATOR CUFF HOME EXERCISE PROGRAM

ShoulderStudy.com

Arthroscopic Rotator Cuff (ARC) Clinical Trial

ROTATOR CUFF HOME EXERCISE PROGRAM

TABLE OF CONTENTS

General Instructions	1
Passive Motion Exercises	2
Active Assisted Range of Motion Exercises	3
Active Range of Motion Exercises	6
Isometric Exercises	8
Resisted Exercises	9
Rotator Cuff Strengthening Exercises	11
Shoulder Stretches	13
Shoulder Stabilization Exercises	14
Acknowledgements	16



GENERAL INSTRUCTIONS

EXPECTED FREQUENCY

Physical therapy visits per week 1-2 visits

Home program exercises per week 2-4 times

COMBINED TOTAL PER WEEK 4+ per week

(in any combination)

PATIENT INSTRUCTIONS

Please bring your home exercise program booklet with you to each physical therapy visit so your exercise assignments can be updated each time.

We ask that you perform your assigned exercises at home as instructed by your physical therapist in order to improve your functional outcome.

Your home program exercises should take on average 30 MINUTES A DAY to complete.

Your physical therapist will provide guidance on what to use at home for any exercises requiring equipment.

THERAPIST INSTRUCTIONS




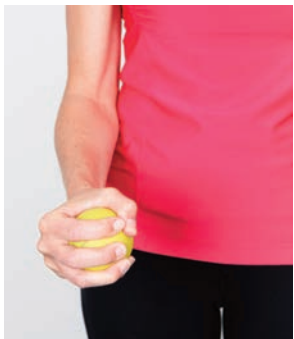
Please CHECK the BOX next to each exercise as they are assigned to be performed at home.

Please fill in the blanks to indicate how many sets and reps of each exercise should be performed and with what frequency (how many times a day/week).

Each time the patient comes to physical therapy, please update the performance frequency and number of sets and reps for all assigned home exercises, in order to keep the home program up to date.




Please CROSS OUT exercises once they have been discharged and no longer need to be performed at home.

PASSIVE MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<input type="checkbox"/> Arm Swings (Pendulum exercises)		Bend forward against a table or chair and let the involved arm dangle. Keep the dangling arm relaxed and move your hips and torso to make the arm swing. Make clockwise and counter-clockwise circles, followed by forward-and-back motions and side-to-side motions.	_____sets of _____reps	_____times per day _____times per week
<input type="checkbox"/> Shoulder Blade Squeezes (Scapular retraction)		Bend both arms 90 degrees, keeping elbows at your side. Squeeze or pinch your shoulder blades together.	_____sets of _____reps	_____times per day _____times per week
<input type="checkbox"/> Bicep Curls (Elbow flexion)		With involved arm at your side, make a fist and turn it outward so forearm faces up. Bend and straighten your elbow, keeping elbow at your side.	_____sets of _____reps	_____times per day _____times per week
<input type="checkbox"/> Gripping (Gripping)		With involved arm bent 90 degrees, squeeze and release a towel or therapy ball with your hand.	_____sets of _____reps Hold for _____ seconds	_____times per day _____times per week


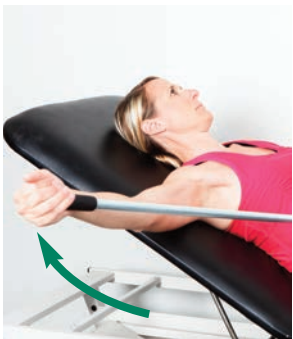
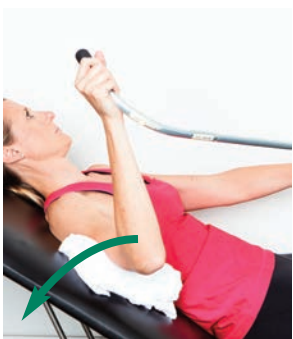
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ACTIVE ASSISTED RANGE OF MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 491" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Lying Cane Overhead Lift (Active-assisted ROM - Flexion, supine)</p>		<p>While lying flat on your back, holding a cane in both hands, stretch both arms out straight. Elevate the cane overhead using both arms. Allow the uninvolved arm to guide the involved arm. Increase the elevation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 869" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Lying Cane Side Lift (Active-assisted ROM - Abduction, supine)</p>		<p>While lying flat on your back, holding a cane in both hands, straighten the involved arm out to the side. Using both arms, use the cane to raise the involved arm up toward shoulder level. Allow the uninvolved arm to guide the involved arm. Increase the upward elevation of the involved arm toward shoulder level as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1150 142 1247" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Lying Cane Outward Rotation (Active-assisted ROM - External Rotation, supine)</p>		<p>While lying flat on your back, holding a cane in both hands, bend the involved arm 90 degrees. Place a towel under the elbow. Keeping the elbow in place at your side and bent at 90 degrees, use the cane to rotate the involved arm outward. Allow the uninvolved arm to guide the involved arm. Increase the outward rotation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>




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ACTIVE ASSISTED RANGE OF MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 491" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Incline Cane Overhead Lift (Active-assisted ROM - Flexion, 45 degrees)</p>		<p>While lying on your back in an inclined position (45 degrees), holding a cane in both hands, stretch both arms out straight. Elevate the cane overhead using both arms. Allow the uninvolved arm to guide the involved arm. Increase the elevation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 869" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Incline Cane Side Lift (Active-assisted ROM - Abduction, 45 degrees)</p>		<p>While lying on your back in an inclined position (45 degrees), holding a cane in both hands, straighten the involved arm out to the side. Using both arms, use the cane to raise the involved arm up toward shoulder level. Allow the uninvolved arm to guide the involved arm. Increase the upward elevation of the involved arm toward shoulder level as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1155 142 1251" style="border: 1px solid black; width: 60px; height: 46px; margin-bottom: 5px;"></div> <p>Incline Cane Outward Rotation (Active-assisted ROM - External Rotation, 45 degrees)</p>		<p>While lying on your back in an inclined position (45 degrees), holding a cane in both hands, bend the involved arm 90 degrees. Place a towel under the elbow. Keeping the elbow in place at your side and bent at 90 degrees, use the cane to rotate the involved arm outward. Allow the uninvolved arm to guide the involved arm. Increase the outward rotation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>




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ACTIVE ASSISTED RANGE OF MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Standing Cane Overhead Lift (Active-assisted ROM - Flexion, standing)</p>		<p>While standing, holding a cane in both hands, stretch both arms out straight in front of you. Elevate the cane overhead using both arms. Allow the uninvolved arm to guide the involved arm. Increase the elevation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 867" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Standing Cane Side Lift (Active-assisted ROM - Abduction, standing)</p>		<p>While standing, holding a cane in both hands, straighten the involved arm out to the side. Using both arms, use the cane to raise the involved arm up toward shoulder level. Allow the uninvolved arm to guide the involved arm. Increase the upward elevation of the involved arm toward shoulder level as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1161 142 1255" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Standing Cane Outward Rotation (Active-assisted ROM - External Rotation, standing)</p>		<p>While standing, holding a cane in both hands, bend the involved arm 90 degrees. Keeping the elbow in place at your side and bent at 90 degrees, use the cane to rotate the involved arm outward. Allow the uninvolved arm to guide the involved arm. Increase the outward rotation of the involved arm as tolerated.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>



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ACTIVE RANGE OF MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<input data-bbox="45 394 142 489" type="checkbox"/> <p>Bent Arm Side Lift (Active ROM - Abduction, arm bent)</p>		<p>While standing, bend the involved arm 90 degrees. Keeping the elbow bent at 90 degrees, lift the involved arm out to the side.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 779 142 873" type="checkbox"/> <p>Bent Arm Forward Lift (Active ROM - Flexion, arm bent)</p>		<p>While standing, bend the involved arm 90 degrees. Keeping the elbow bent at 90 degrees, raise the involved arm up in front of body.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 1157 142 1251" type="checkbox"/> <p>Forward Arm Lift (Active ROM - Flexion, arm straight)</p>		<p>While standing and keeping your elbow straight, lift involved arm up in front of body.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>





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ACTIVE RANGE OF MOTION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<input data-bbox="45 394 141 489" type="checkbox"/> <p>Side Arm Lift (Active ROM - Abduction, arm straight)</p>		<p>While standing and keeping your elbow straight, lift involved arm out to the side.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 777 141 871" type="checkbox"/> <p>Sidelying Outward Rotation (Sidelying External Rotation)</p>		<p>While lying on your uninvolved side, bend the involved arm 90 degrees. Place a towel under the elbow. Keeping the elbow in place at your side and bent at 90 degrees, rotate involved arm up and outward. Do not lean your body backwards as you rotate the arm outward.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>




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ISOMETRIC EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Wall Outward Press (Sub-maximal Isometrics - External Rotation)</p>		<p>While standing sideways next to a wall, bend the involved arm 90 degrees. With elbow bent at 90 degrees, push hand of involved arm outward against the wall.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 867" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Wall Inward Press (Sub-maximal Isometrics - Internal Rotation)</p>		<p>While standing facing a door frame or outer wall corner, bend the involved arm 90 degrees. With elbow bent at 90 degrees, push hand of involved arm inward against the wall.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1157 142 1251" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Wall Fist Press (Sub-maximal Isometrics - Flexion)</p>		<p>While standing facing the wall, bend involved arm 90 degrees. With elbow bent at 90 degrees, push fist of involved hand forward into the wall.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1539 142 1633" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Wall Elbow Press (Sub-maximal Isometrics - Extension)</p>		<p>While standing with your back against the wall, bend involved arm 90 degrees. With elbow bent at 90 degrees, push involved elbow backward into the wall.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>



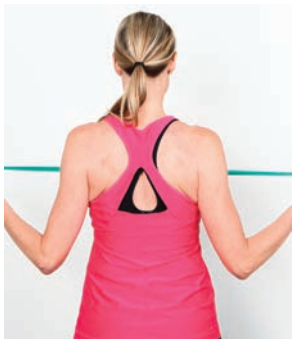
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RESISTED EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<input data-bbox="45 394 142 485" type="checkbox"/> Resisted Rows (Theraband Rows)		<p>While standing with both elbows bent at 90 degrees, grasp the theraband in both hands. Keeping your forearms parallel to the floor, pull the theraband backwards with both arms (as if you were rowing a boat). Squeeze or pinch the shoulder blades together as you pull arms back.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 772 142 863" type="checkbox"/> Resisted Backward Shoulder Pull (Theraband Shoulder Extension)		<p>While standing with both arms straight at your side, grasp the theraband in both hands. Keeping your arms straight, pull the theraband backwards behind you with both arms. Squeeze or pinch your shoulder blades together as you pull arms back.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 1157 142 1247" type="checkbox"/> Resisted Outward Rotation (Theraband External Rotation)		<p>While standing with involved elbow bent at 90 degrees, place a towel between your side and elbow. Keeping the elbow in place at your side and bent at 90 degrees, rotate involved arm outward to the side. Do not turn your body to the side as you rotate the arm outward.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>




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RESISTED EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Resisted Inward Rotation (Theraband Internal Rotation)</p>		<p>While standing with involved elbow bent at 90 degrees, place a towel between your side and elbow. Keeping the elbow in place at your side and bent at 90 degrees, rotate involved arm inward toward your stomach. Do not turn your body to the side as you rotate the arm inward.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 867" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Resisted Hugs (Dynamic Hugs)</p>		<p>Anchor the ends of the theraband to the door to make a loop. Stand inside the loop with your back to the door and your arms stretched forward, holding the theraband loop in your outstretched hands. Step forward as if trying to wrap your arms around a tree or large object.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1155 142 1249" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 5px;"></div> <p>Resisted Shoulder Blade Squeezes (Theraband Scapular Retraction)</p>		<p>While holding the theraband in both hands, bend arms 90 degrees and keep elbows at your side. Squeeze or pinch your shoulder blades together as you rotate both arms outward.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>



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ROTATOR CUFF STRENGTHENING EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<input data-bbox="45 394 142 489" type="checkbox"/> <p>Prone Rows (Prone Rows)</p>		<p>While lying on a table on your stomach, let the involved arm hang off the side of the table. Bend elbow and raise arm backward and up to shoulder height (as if you were rowing a boat). Squeeze or pinch shoulder blade as you lift the arm.</p>	<p>_____sets of _____reps _____lbs</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 774 142 869" type="checkbox"/> <p>Prone Backward Shoulder Pull (Prone Shoulder Extension)</p>		<p>While lying on a table on your stomach, let the involved arm hang off the side of the table. Keep elbow straight and raise arm backward and up in line with the body. Squeeze or pinch shoulder blade as you lift the arm.</p>	<p>_____sets of _____reps _____lbs</p>	<p>_____times per day _____times per week</p>
<input data-bbox="45 1157 142 1251" type="checkbox"/> <p>Ceiling Punch (Serratus Punch)</p>		<p>While lying on your back, raise involved arm straight up in the air. Keep elbow straight and reach arm up toward the ceiling (as if trying to punch the ceiling).</p>	<p>_____sets of _____reps _____lbs</p>	<p>_____times per day _____times per week</p>





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ROTATOR CUFF STRENGTHENING EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; display: inline-block; margin-bottom: 5px;"></div> <p>Prone "T" Lift (Prone Horizontal Abduction)</p>		<p>While lying on a table on your stomach, let the involved arm hang off the side of the table. Turn your hand so your thumb points up. Keeping your elbow straight and your thumb turned up, raise the involved arm up at the side to shoulder height. Squeeze or pinch shoulder blade as you lift the arm.</p>	<p>_____sets of _____reps _____lbs</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 867" style="border: 1px solid black; width: 60px; height: 45px; display: inline-block; margin-bottom: 5px;"></div> <p>Prone Superman Lift (Prone Scaption)</p>		<p>While lying on a table on your stomach, let the involved arm hang off the side of the table. Keeping your elbow straight, raise the involved arm up at a 45 degree angle (as if you were flying through the air like Superman). Squeeze or pinch shoulder blade as you lift the arm.</p>	<p>_____sets of _____reps _____lbs</p>	<p>_____times per day _____times per week</p>

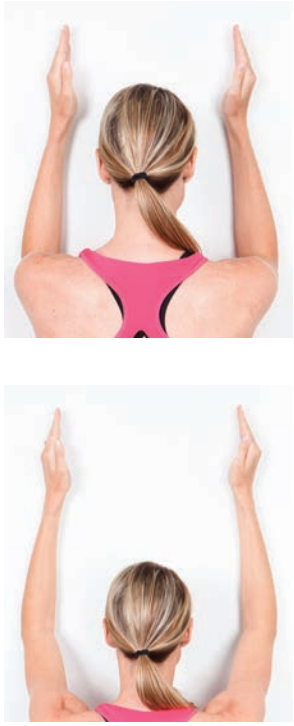

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SHOULDER STRETCHES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Towel Stretch (Towel Stretch)</p>		<p>While standing, grasp a towel or strap behind your back. Using your uninvolved arm, hold the towel or strap behind your neck so it dangles behind you. Reach your involved arm behind your back and grab the dangling end of the towel or strap. Use the uninvolved arm to pull up on the towel or strap until a gentle stretch is felt in the involved shoulder.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Cross Body Stretch (Cross Body Stretch)</p>		<p>Keeping your elbow straight, bring involved arm across body at chest height. Hold the elbow of the involved arm with the opposite hand as shown. Pull involved arm across chest until a gentle stretch is felt in the back of the involved shoulder at chest height.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Sleeper Stretch (Sleeper Stretch)</p>		<p>While lying on involved side on a flat surface, extend involved arm out to the side in front of you. Bend involved elbow 90 degrees, so your hand is up in the air. Turn your hand so your forearm is facing down. Using the uninvolved hand, push down on the wrist of the involved arm until a gentle stretch is felt in the shoulder.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>
<div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Doorway Stretch (Doorway Stretch)</p>		<p>Stand at a doorway and place forearm of involved arm against door frame. Your arm should be out to the side with elbow bent 90 degrees. Keep your back straight and step forward with one leg until a gentle stretch is felt across chest and front of shoulder.</p>	<p>_____sets of _____reps Hold for _____ seconds</p>	<p>_____times per day _____times per week</p>

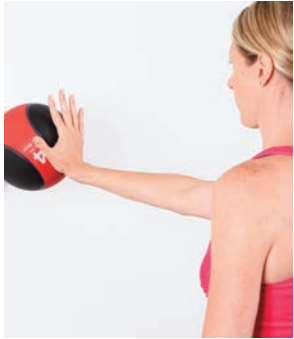

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SHOULDER STABILIZATION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 10px;"></div> <p>Wall Slides (Wall Slides)</p>		<p>Stand facing a wall, with your feet 1-2 feet from wall. Bend both elbows 90 degrees and raise arms up to shoulder height. With arms slightly wider apart than shoulder width, slowly lean into wall while sliding forearms up wall. Slowly slide arms down wall and return to starting position.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 1157 142 1251" style="border: 1px solid black; width: 60px; height: 45px; margin-bottom: 10px;"></div> <p>Wall Pushups (Wall Pushups)</p>		<p>Stand facing a wall, with your feet 1-2 feet from wall. Put both hands against the wall at shoulder height, palms flat against the wall. Perform a pushup against the wall.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>

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SHOULDER STABILIZATION EXERCISES

EXERCISE	PHOTO	HOW DO I DO IT?	HOW MANY?	HOW OFTEN?
<div data-bbox="45 394 142 489" style="border: 1px solid black; width: 60px; height: 45px; display: inline-block; margin-bottom: 5px;"></div> <p>Forward Ball on Wall (Ball on wall - Flexion)</p>		<p>Stand facing a wall with your feet several feet from the wall. Place a ball against the wall at shoulder height, holding it against the wall with the palm of your hand. Keeping your arm straight, roll the ball against the wall making small circles with your arm, both clockwise and counterclockwise.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>
<div data-bbox="45 772 142 867" style="border: 1px solid black; width: 60px; height: 45px; display: inline-block; margin-bottom: 5px;"></div> <p>Side Ball on Wall (Ball on wall - Abduction)</p>		<p>Stand sideways next to a wall with your feet several feet from the wall. Place a ball against the wall at shoulder height, holding it against the wall with the palm of your hand. Keeping your arm straight, roll the ball against the wall making small circles with your arm, both clockwise and counterclockwise.</p>	<p>_____sets of _____reps</p>	<p>_____times per day _____times per week</p>

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Arthroscopic Rotator Cuff (ARC) Clinical Trial

ROTATOR CUFF HOME EXERCISE PROGRAM

ARC Clinical Trial is led by:

Vanderbilt Physical Medicine & Rehabilitation

Vanderbilt Sports Medicine

Vanderbilt Orthopaedic Institute

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