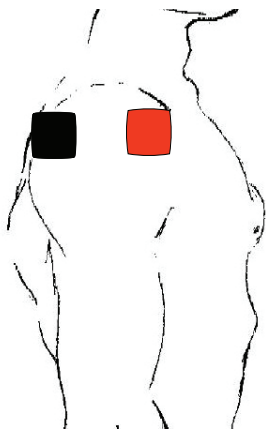
**Shoulder Instability (Strengthening)**

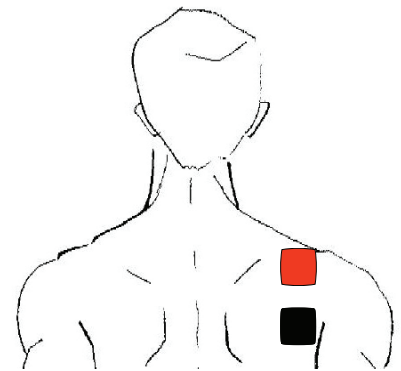
Shoulder Instability can result from a rotator cuff injury, post-surgical weakness, or a previous dislocation. Using EMG feedback, patients learn to contract the shoulder musculature and improve shoulder strength and stability.

Suggested Electrode Placement**2-pad placement**

Place electrode pads over infraspinatus/teres minor and supraspinatus muscles of shoulder.

2-pad placement

Place electrode pads over anterior and posterior deltoid muscles

**Suggested Settings**

Threshold: Set an appropriate threshold
[Refer to the "Setting Threshold Level for Strengthening" section of General Guidelines]

Trials: 15-30 trials

Work time: 5 sec (to begin)

Rest time: 5-10 sec (to begin)

Feedback: ABOVE ("FABV" setting on Care EMG)

Sessions per day: 3-5 sessions per day (or as needed)

