

**Peter Ameglio, M.D.**  
*General Orthopedics  
Foot & Ankle Surgery  
Joint Replacement*

**Brad Castellano, D.P.M**  
*Foot & Ankle Trauma  
Sports Medicine & Reconstruction*

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**Ronald D. Gardner, M.D.**  
*Arthroscopic Reconstructive Surgery  
Joint Replacement*

**Robert Martinez, M.D.**  
*Arthroscopic Shoulder Surgery  
Joint Replacement*

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## **Dr. Martinez Rehab Videos**

- Go to [YOUTUBE.COM/DOCFORJCRM](https://www.youtube.com/DOCFORJCRM)

This will pull up his rehab videos. Click on the below that Dr. Martinez directs you to and follow this exercise plan at home to aid in your recovery.

**All exercises 10-15 reps 3 times per day**

- Dr. Martinez shoulder rehab wk 1-2
- Dr. Martinez shoulder rehab 2 wk 3
- Dr. Martinez shoulder rehab 3 wk 3
- Dr. Martinez shoulder rehab 4 wk 3
  - Total knee rehab 1
    - Plantar fasciitis
  - Frozen shoulder internal rotation
  - Frozen shoulder external rotation

**POSTOP SHOULDER SURGERY: NO ADVIL, ALEVE, OR HIGH DOSE ASPIRIN FOR 6 WEEKS. NO LIFTING OF WEIGHT FOR 6 WEEKS.**