

ROTATOR CUFF REPAIR EXERCISES

Major Objectives:

1. By 4 weeks post-op
 - 145° of PASSIVE elevation
 - 50° of PASSIVE external rotation with the humerus in neutral
 - Internal rotation (hand behind back)—the thumb to the upper lumbar area
2. By 8 weeks post-op
 - Full ROM in all directions
 - (** Pre-operative shoulder ROM will greatly affect ROM realized with therapy)
3. NO internal rotation stretch with a towel for 2 weeks post-op.
4. AROM at counter top level allowed at 2 weeks post-op. ABSOLUTELY NO lifting of the hand to the head until 6 weeks post-op.
5. PRE's allowed at 6 weeks post-op.

IMMEDIATELY POST-OP

Sling to be worn at all times, except for showers, until seen for first post-op visit.

PENDULUM EXERCISE IN SLING

Directions: Keep your arm in the sling. Hold on to a table and lean forward, allowing your involved arm to fall away from your body **(A)**. Slowly rock forward/backward, and side to side with your body, allowing the involved arm to “swing” in a circular motion from the momentum **(B)**. DO NOT ALLOW THE INVOLVED ARM TO INITIATE THE MOVEMENT.

Repeat _____ times _____ times a day.

A



B



WEEK 2-4

PENDULUM EXERCISES WITHOUT SLING

Directions: Bending over at the waist and balancing with the good arm – let the involved arm relax and swing with gravity. **(A)** Circle with the hand turned inward; **(B)** Circle in the opposite direction with the hand turned outward; **(C)** Swing the arm forward (like bowling).

Repeat _____ times _____ times a day.

A



B



C



PULLEYS

Directions: Seated or standing **(A)**, place the pulleys 2 feet higher than your uninvolved arm can reach overhead. Slowly bring the involved arm up toward the pulleys, using assistance with the uninvolved arm as directed by the therapist **(B)**. Return to the starting position **(A)**. Hold _____ seconds
Repeat _____ times _____ times a day.

A

B



AROM – TOWEL SLIDES

Directions: Sit next to a table and place your hand on a towel **(A)**. Lean forward so the hand slides along the table, and the arm straightens as it slides **(B)**.
Return to position **(A)**.

Repeat _____ times _____ times a day.

A

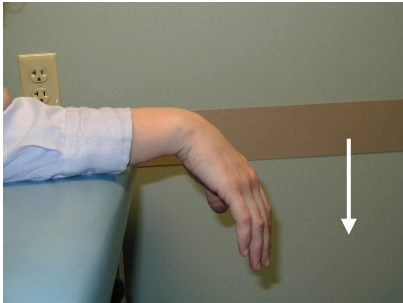
B



ACTIVE WRIST FLEXION AND EXTENSION

Directions: Stabilize the forearm on the table and bend the wrist down toward the floor (flexion) **(A)**. Now, bring the wrist up toward the ceiling (extension) while keeping the fingers in a closed fist position **(B)**.

A



B



ISOMETRICS – SUBMAXIMAL

Directions: Begin these exercises using no more than 50% of your power. Increase the resistance as directed by your therapist. **THESE EXERCISES SHOULD BE PAINFREE.**

External Rotation

Stand next to a wall or doorframe. Place a rolled towel under the arm and bend the elbow to 90° **(A)**. Push your forearm into the wall **(B)**, using no more than 50% of your power.

Hold _____ seconds.

Repeat _____ times.

_____ times a day.

A



B



Internal Rotation

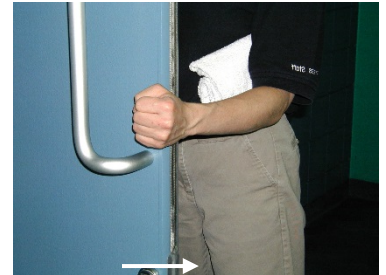
Stand next to a wall or doorframe. Place a rolled towel under the arm and bend the elbow to 90° (C). Push your forearm into the wall (D), **using no more than 50% of your power.**

Hold _____ seconds.
Repeat _____ times.
_____ times a day.

C



D



Extension

Standing with your elbow bent to 90°. Place a rolled towel under your arm (E), Push your elbow backward into the wall (F), **using no more than 50% of your power.**

Hold _____ seconds.
Repeat _____ times.
_____ times a day.

E



F



Adduction

Standing with your elbow bent to 90°. Place a rolled towel under your arm (G). Push your elbow into the towel (H), **using no more than 50% of your power.**

Hold _____ seconds.
Repeat _____ times.
_____ times a day.

G



H



ISOMETRIC SCAPULAR RETRACTION

Directions: Stand up straight with your arms at your side and elbows bent to 90° (A). Pull the shoulder blades back and together (B). Hold _____ seconds. Relax. Repeat _____ times _____ times/day.

A



B



WEEK 4-6

ISOMETRICS**

Directions: Gradually increase your resistance from 50% power, until you reach your maximum. These exercises still should be pain free. As you begin Flexion (see below) again start slowly with 50% power then increase as tolerated.

****NOTE:** *Isometrics can make you sore a couple hours after you have performed them, so under-estimate what you can do, then increase as able.*

Flexion

Standing with your elbow bent to 90°. Place a towel under your arm (A), and push your fist **into** the wall (B).

Hold _____ seconds.

Repeat _____ times
_____ times a day.

A



B



SCAPULAR STABILIZATION EXERCISES

Directions: Stand next to a wall with your arm at your side and your elbow bent to 90° (A). Push your fist into a small ball or pillow at the wall (white arrow). Now push

- up (B) (black arrow)
- down (C) (black arrow)
- in (D) (black arrow)
- out (E) (black arrow)

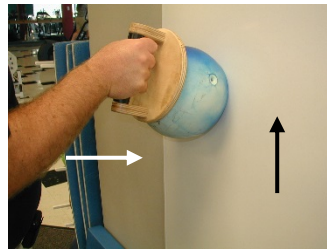
You should feel the muscles around the “shoulder blade” contract.

Repeat _____ times _____ times a day.

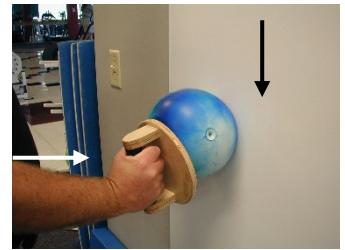
A



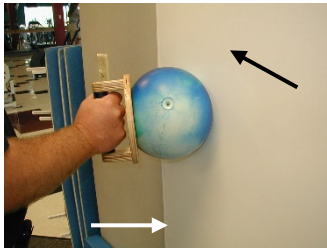
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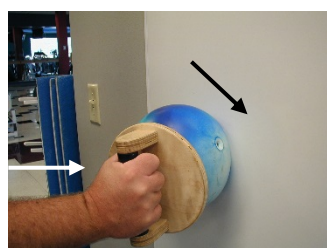
C



D



E



SEATED PUSH-UPS

Directions: Sitting on a firm surface, place your hands on a block or a couple of books **(A)**.

Push yourself up off the bed by straightening your elbows. Keep the upper arms parallel to your body **(B)**.

Hold _____ seconds.

Repeat _____ times _____ times a day.

A



B



TABLE SLIDES FOR SCAPULAR STABILIZATION

Directions: Sit next to a table and place your hand on a towel (A). Keeping your body straight, reach forward so the hand slides along the table (B). Return to position (A).

NOTE: All of the motion should come from the scapula (shoulder blade), not from leaning the body forward.

Hold _____ seconds. Repeat _____ times _____ times a day.

A



B



Abduction

Sit next to a table and place your hand on a towel (C). Keeping your body straight, reach out to the side so the hand slides along the table (D).

NOTE: All of the motion should come from the scapula (shoulder blade), not from leaning the body forward.

Hold _____ seconds. Repeat _____ times _____ times a day.

C



D

