

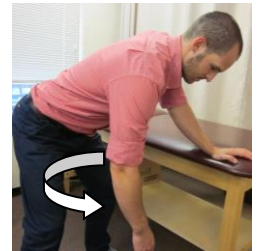
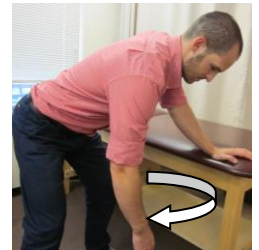
OrthoBethesda Therapy Services

Rotator Cuff Home Exercise Program (Phase I)

General Instructions: Perform 5 repetitions of each exercise and perform this entire home program 5 times daily. For exercises #2-5, hold the end position of each stretch for 10 seconds. The goal of this first phase of recovery is to restore passive motion in your shoulder. It is important to relax your surgical/injured arm at all times and perform each of the motions solely with the assistance of your non-surgical/uninjured arm. Mild pain or discomfort is commonly felt during the stretch, but should subside almost immediately afterward. If you are still in pain after the stretch, do not continue until the pain has subsided. If pain is present after the stretch is over, you are pushing too far into the range of motion. If you do not feel any stretch during the exercise, you are probably not pushing far enough. Heat may be applied to the shoulder area before beginning the exercise sessions in order to warm up the area and reduce stiffness. However, heat should not be applied until at least 2 weeks after the surgery. Ice can be used after the exercises as needed. This can be done for 15 minutes at a time, followed by at least 45 minutes without ice.

1. Pendulums

- Stand with your hips bent forward so that your torso is almost horizontal
- Support yourself on a stable surface using your non-surgical/uninjured arm
- Relax all of the muscles of your surgical/injured arm so that it hangs down straight
- Using motion from your hips and non-surgical/uninjured shoulder, generate momentum so that your surgical/injured shoulder and arm swing in a clockwise circle
 - Complete for at least 10 circles or 1 minute
- Repeat the previous step again, this time in a counterclockwise direction



2. Passive Forward Elevation

- Lie on your back with your hips and knees slightly bent so that your feet rest flat
- Bend the elbow of your surgical/injured arm to 90°
- Use your non-surgical/uninjured arm to grab the wrist of your surgical/injured arm
- Keeping your elbow bent, use your non-surgical/uninjured arm to raise your surgical/injured arm overhead
- Hold the end position for 10 seconds and then use your non-surgical/uninjured hand to lower your surgical/injured arm back down to the starting position



3. Passive External Rotation (cane/golf club/broom handle assist)

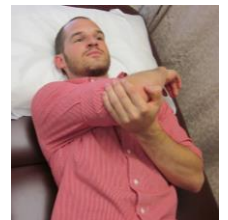
- Lie on your back with a towel placed under the elbow of your surgical/injured arm
 - The towel should be large enough so that you can see your elbow
- Bend the elbow of your surgical/injured arm to 90°
- Hold the middle of the assistive device in your non-surgical/uninjured hand, and very lightly grip the end of it with your surgical/injured hand
- Use your non-surgical/uninjured arm to push the assistive device and surgical/injured arm outward, rotating the arm down toward the table
 - Keep the elbow bent
 - Make sure that the elbow of your surgical/injured side stays tucked in at the side of your torso. The elbow can be 1-5 inches from you, based on comfort
- Hold the end position for 10 seconds and then use your non-surgical/uninjured hand to pull the assistive device and surgical/injured side back to the starting position



Starting week 4, you may begin performing the following two exercises as well (if cleared by your physical therapist):

4. Passive Horizontal Adduction

- Lie on your back with your hips and knees slightly bent so that your feet rest flat
- Bend the elbow of your surgical/injured arm to 90°
- Use your non-surgical/uninjured arm to grab the elbow of your surgical/injured arm and pull it across your chest
 - Keep the back of your torso flat against the surface you are lying on
- Hold the end position for 10 seconds and then use your non-surgical/uninjured hand to lift your surgical/injured arm back to the starting position
- *Caution should be used if there is pain in the front of the shoulder*
 - The stretch should be felt in the back of the shoulder



5. Passive Internal Rotation (towel assisted)

- Stand tall, holding one end of a towel in the hand of your surgical/injured arm
- Reach behind your back with your non-surgical/uninjured arm to grab the other end of the towel
- With your non-surgical/uninjured arm, pull the towel up over the non-surgical/uninjured shoulder (if it is long enough). This will cause the hand of your surgical/injured arm to raise up higher along your back
- Once you have reached your maximum comfortable position, hold this end position for 10 seconds and then use your non-surgical/uninjured arm to lower the towel and surgical/injured arm back to the starting position
- *If you cannot reach the midline of your back, do not perform this exercise yet*



- This exercise may also be performed without the use of a towel. In this case, use your non-surgical/uninjured arm to raise your surgical/injured arm behind your back.

