

ROTATOR CUFF REPAIR (PHASE 1: The Protection & Relaxation PASSIVE Phase - FIRST 6 WEEKS)

PENDULUMS



Completely relax operated shoulder.
Unclip the sling above your forearm.

Now slowly bend forward. This allows your relaxed arm to fall (control it) out of your sling & hang down towards the ground.

PASSIVE EXTERNAL ROTATION WITH STICK IN SITTING &/OR



Rest elbow on arm of chair. Use **non**-operated arm to guide the relaxed, operated arm outwards, rotating your shoulder. Rotate your operated arm slowly outwards to 1 o'clock (if it's your right arm) or 11 o'clock (if it's your left arm). You can progress to 2 o'clock (if it's your right arm) or 10 o'clock (if it's your left arm) by the 4 week post-op mark.

PASSIVE EXTERNAL ROTATION IN LYING WITH AN 'EXERCISE PARTNER'



Completely relax operated shoulder.

Have your EXERCISE PARTNER unclip your sling & rotate your operated arm slowly outwards to 1 o'clock (if it's your right arm) or 11 o'clock (if it's your left arm). You can progress to 2 o'clock (if it's your right arm) or 10 o'clock (if it's your left arm) by the 4 week post-op mark.

PASSIVE FLEXION IN LYING WITH 'EXERCISE PARTNER'



Completely relax operated shoulder.

Have your EXERCISE PARTNER unclip your sling & slowly lift the full weight of your arm up & over. Make sure it is performed at a speed whereby you can relax

1. Please do not 'force' the movements.
2. Movements should remain relatively painfree if you are completely relaxed throughout the exercises.
3. No driving please.
4. Sleep with your sling on, in bed or on a recliner.
5. Shower with an empty plastic soft drink bottle or cut off pool noodle under your operated arm so that your arm never rests by your side, for the first 6 weeks.
6. Do not forget to move your elbow, wrist & hand. You must keep the shoulder relaxed whilst you do this.