

ROTATOR CUFF REPAIR (PHASE 2: ACTIVE ASSISTED to ACTIVE transition Phase) Weeks 6 – 12 post-op (PART A)

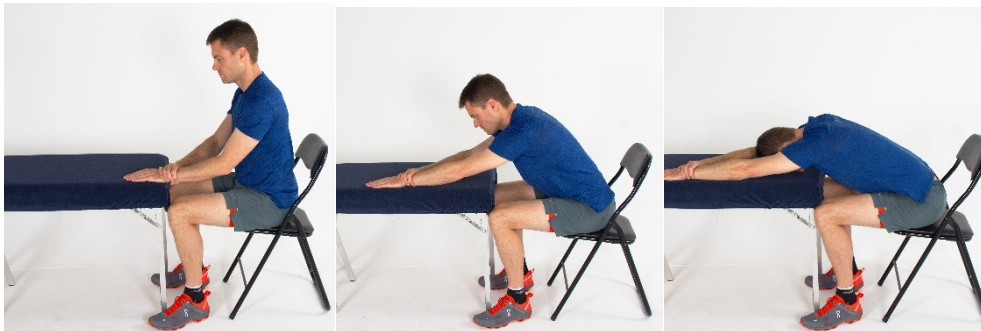
ACTIVE ASSISTED FLEXION IN SUPINE &/OR



Lie on your back. Grasp your operated arm with your unaffected arm/hand.

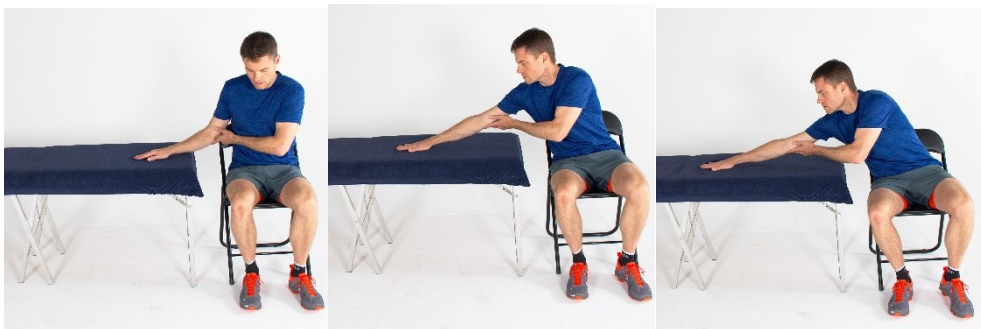
Move your operated arm 'up and over' your head. Try not to tense your operated shoulder too much as this will lessen your range and make the movement more uncomfortable.

ACTIVE ASSISTED FLEXION SLIDING HAND ALONG TABLE



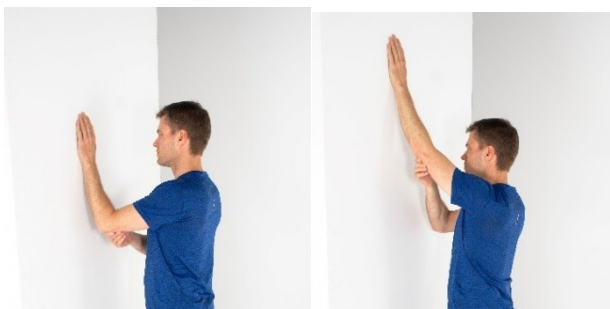
Slide your hand along a table, using NON-operated arm to guide it. Can place hand on a cloth to make it slide easier.

ACTIVE ASSISTED ABDUCTION SLIDING HAND ALONG TABLE



Slide your hand along a table, using NON-operated arm to guide it. Can place hand on a cloth to make it slide easier.

CATERPILLARS UP WALL



The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. Add to this, initially helping with your other arm, allows for a smooth transition towards normal lifting over this Phase 2 period. Try abduction caterpillars up wall too.

EXTERNAL ROTATION WITH ARMS BY SIDE



Rotate your arm(s) outward making sure you keep your elbows by your side.

HAND BEHIND BACK WITH ASSIST AND THEN WITHOUT ASSIST



Hold your operated arm with your NON-operated hand and move your hand up your back.

HAND BEHIND HEAD STRETCH



Hands resting on top of your head or behind. Have a pillow already in place for you to relax your arm on, as shown, like you're sunning yourself on a deckchair. Gradually, lessen the thickness of the pillow during Phase 2.

PEC STRETCH ON LONG ROLLER WITH ASSISTED OR UNASSISTED PLACEMENT

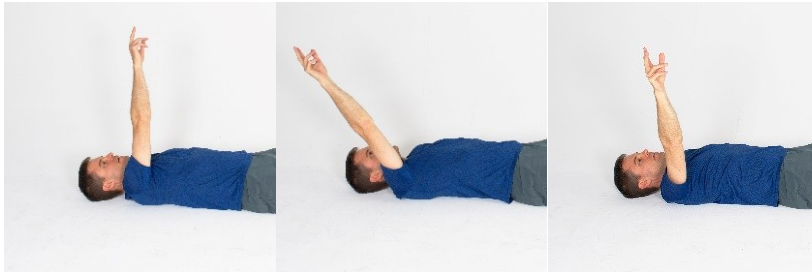


TRY THIS WITH PHYSIO FIRST. Lie on a long roller with a pillow already positioned to rest your operated arm on. Once placed, adopt the 'crucifix' stretch, to stretch out your chest muscles. Hold the stretch for 30 – 60 seconds, interspersing the stretching with some assisted or unassisted 'up & overs'.

(This Post-op program is designed as a guide only and needs to be individually modified to suit the needs and goals of the client)

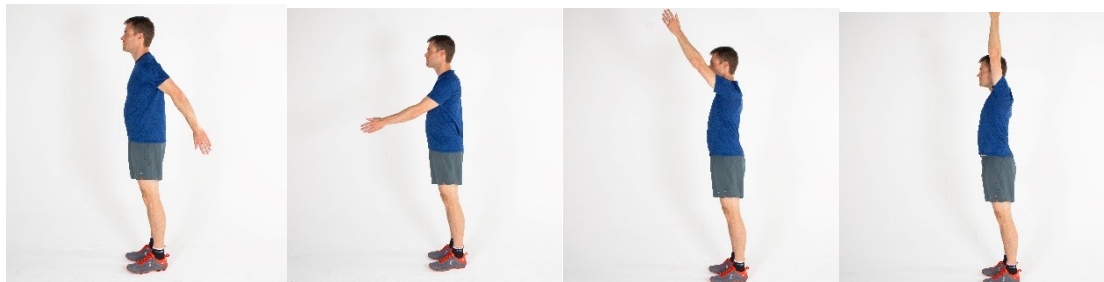
PART B (start PART B when you are achieving good, painfree range of movement with PART A exercises)

OPEN CHAIN PROPRIOCEPTION IN LYING

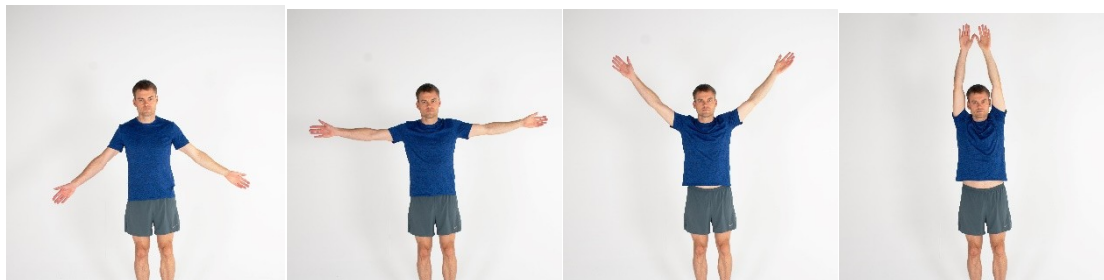


Draw alphabet in air starting with small letters, slowly progressing to larger letters.

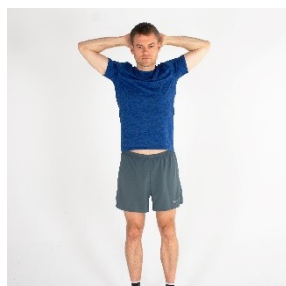
FLEXION & EXTENSION ACTIVE RANGE OF MOVEMENT (elbow bent or straight)



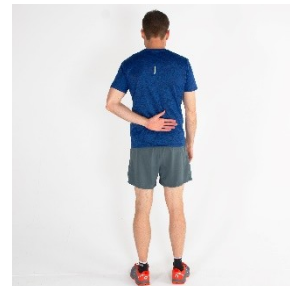
ABDUCTION ACTIVE RANGE OF MOVEMENT (elbow bent or straight)



HANDS BEHIND HEAD



HAND BEHIND BACK



EXTERNAL ROTATION IN SUPPORTED SCAPTION & ABDUCTION (NO WEIGHT)



Rest your elbow on your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Vary your body position between sets.

MODIFIED SHRUG



With palms facing forwards, move your hands a short distance away from your body (you mustn't have shoulder pain to continue with this exercise). Shrug your shoulders up and down in a controlled way.

REACHING IN DIFFERENT DIRECTIONS



DURING THIS PHASE

- Light, painfree office work only
- No repetitive tasks with operated arm
- Only lift light objects, such as your mobile phone, but keep it close to your body
- Driving for short periods once you can hold your arms out in front for 10 seconds without pain
- No lifting or loading shoulder with hand away from body

