

ROTATOR CUFF REPAIR



PHASE 3: Full Active ROM/Strength Phase (12+ WEEKS)

Delay Phase Progression: No / Yes by _____week(s)

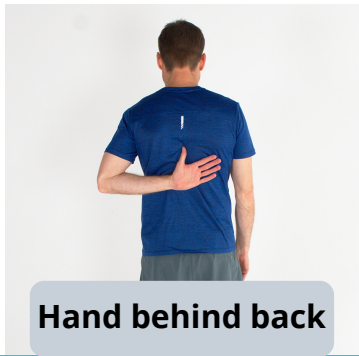
RESTORE FULL ACTIVE RANGE OF MOTION



Lift arms out in front



Lift arms out to the side



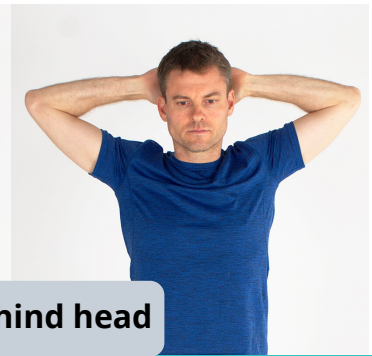
Hand behind back



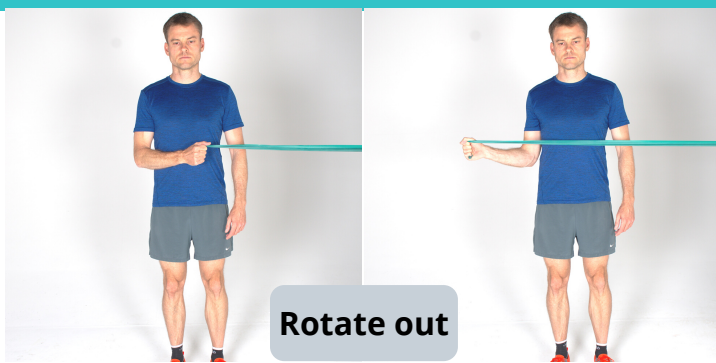
Rotate out



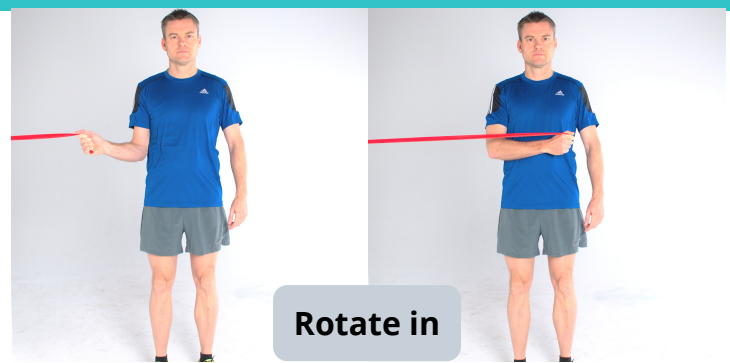
Hands behind head



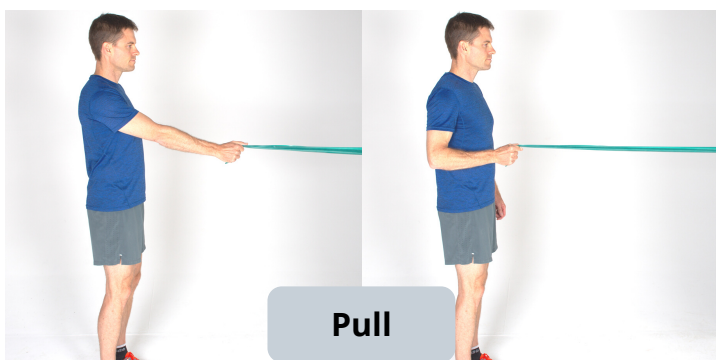
COMMENCE ROTATOR CUFF STRENGTHENING



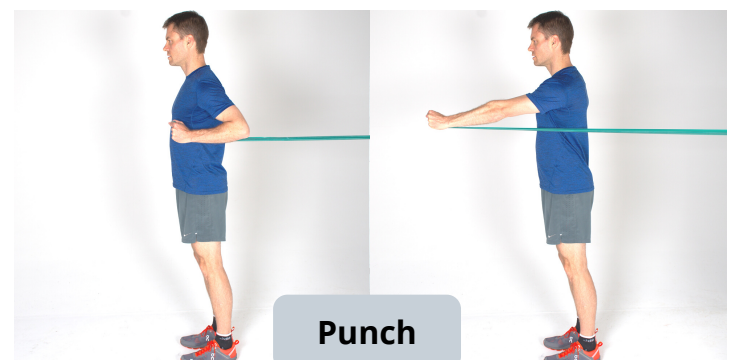
Rotate out



Rotate in



Pull



Punch

If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP.

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18 Lambton Rd BROADMEADOW T:02 4927 6888 W: newcastleshoulderandelbow.com.au

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PHASE 3: Full Active ROM/Strength Phase (12+ WEEKS)

Delay Phase Progression: No / Yes by _____week(s)



UPPER TRAP SHRUGS

Lift your arms out to the side a small way as shown. Now shrug your shoulders up towards your ears as if you're saying 'I don't know'!

OUTWARD ROTATION IN FRONT

Sit on the floor or bed. Rest your elbow on your knee & face your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Progress to a light weight like a tin of tuna.



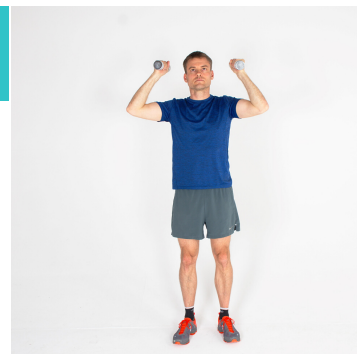
OUTWARD ROTATION TO THE SIDE

Sit on the floor or bed. Rest your elbow on your knee & face away from your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Progress to a light weight like a tin of tuna.

FROM THE 14 WEEK MARK

ABOVE SHOULDER HEIGHT STRENGTHENING

Start some more functional strengthening which involves movements that you would need to do in everyday life, like reaching above your head. Try these movements without weight, before progressing to light weights.



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