

# ROTATOR CUFF REPAIR



## PHASE 2: Active Assisted Phase (6-12 WEEKS)

Delay Phase Progression: No / Yes by \_\_\_\_\_ week(s)



### ASSISTED FLEXION IN LYING

Lie on your back. Move your operated arm 'up and over' past your head with the assistance of your other hand. Gradually increase the effort of your operated arm, over the coming weeks, by lessening the help given by your other hand

### OUTWARD ROTATION WITH STICK

In sitting or standing, use a stick to assist the outward rotation of your shoulder. Continue this exercise until you reach end of range (i.e. right = left)



### OUTWARD ROTATION

Rotate your shoulder out & back to the end of your available range.

## FROM THE 7 WEEK MARK

### ASSISTED HAND BEHIND BACK

Reach behind your back & grab your finger with your non-operated arm. If you can't reach your finger, use a pen or wooden spoon to 'bridge the gap', until you can reach it. Aim to have your thumb move up your spine.



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



## PHASE 2: Active Assisted Phase (8-12 WEEKS)

Delay Phase Progression: No / Yes by \_\_\_\_\_ week(s)

## FROM THE 8 WEEK MARK



### 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. You may also assist with your other hand

### TABLE SLIDES

Slide your hand along a table. If there's too much friction, place your hand on a cloth. You may use the other hand to guide it initially.



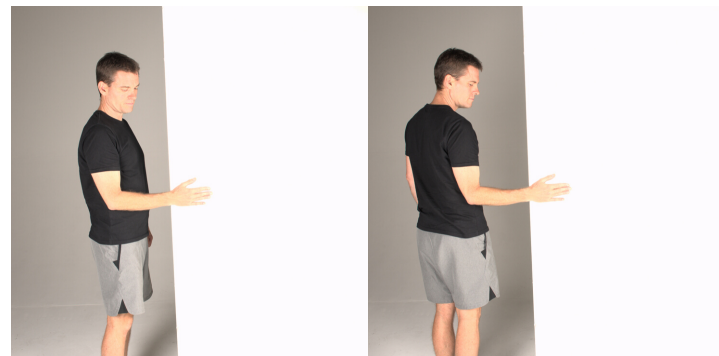
### HAND BEHIND BACK WITH TOWEL

Reach behind your back & grab onto the towel that you've slung over your shoulder. Start this exercise from the 8 week mark if you can easily grab the towel. Stand tall!



### ROTATION OUT STRETCH IN DOORWAY

Stand in a doorway. Place your hand on the wall & keep your elbow tucked in by your side for the duration of the stretch. Rotate your body away as shown so that you feel the stretch in your shoulder. Aim to hold the 'stretch' for 30 seconds & repeat 3 times.



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