# **ROTATOR CUFF REPAIR**

**PHASE 1:** Passive Phase (FIRST 6 WEEKS) Delay Phase Progression: No / Yes by \_\_\_\_\_week(s)

## **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 ROTATION IN LYING

Completely relax operated shoulder. Have your EXERCISE PARTNER unclip your sling & rotate your operated arm slowly outwards to 1 o'clock (if its your right arm) or 11 o'clock (if its your left arm).





### PASSIVE FLEXION IN LYING

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

### \*These exercises must be shown to you and your exercise partner by your Physiotherapist prior to doing\*

If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP. "WITHOUT PREJUDICE". Not to be released to third parties without permission from Hunter Shoulder, Elbow & Hand Surgery 18 Lambton Rd BROADMEADOW T:02 4927 6888 W: newcastleshoulderandelbow.com.au





