

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