

Patient Name: _____

STAGE 3 EXERCISES AFTER ROTATOR CUFF SURGERY

These exercises are to commence 12 weeks following your surgery. During this stage the aim is to continue to improve the range of motion in your shoulder, and to also commence a gradual strengthening program with rubber ribbons (theraband).

It would be very helpful to continue to have the supervision of a physiotherapist during your rehabilitation, however you must also continue these exercises on a daily basis on your own.

During the next 3 months, by committing to your exercises a few times every day you should notice a gradual improvement in the range of motion in your shoulder. These exercises should be done four times a day and you should spend 20 minutes on the exercises at each session. Try to make small gains each day. Pushing yourself too hard can actually slow your recovery due to increasing pain and stiffness.

If you need pain medication, it should be taken about 30 minutes before you start the exercise. You may find it helps to warm up first with a hot shower, heating pad or hot water bottle before you exercise. It is normal to experience some pain or clicking in the shoulder with the exercises.

FORWARD ELEVATION

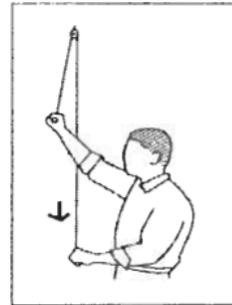
Lying on your back, clasp the operated arm's wrist and use the good arm to pull both arms up over the head. Pull the arm as far back as you COMFORTABLY can manage and hold the arm there for 10 seconds. Repeat 10 times.

**EXTERNAL ROTATION**

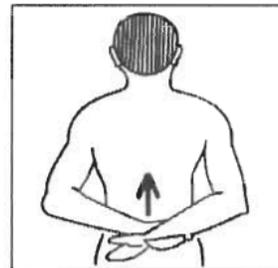
Lying on your back with your hands clasped behind your neck, gently flatten your arms out to the side to try and touch the bed. Push only as far as is COMFORTABLE. Hold for 10 seconds and then bring your elbows together. Repeat 10 times.

**PULLEY EXERCISES**

A Donovan Shoulder pulley may be purchased from Sportstek ph 1300 785 786. While standing or sitting with the pulley firmly secured two feet higher than the good arm can reach overhead, the good arm pulls the rope stretching the operated arm as far as is COMFORTABLE. Hold for 10 seconds and repeat 10 times.

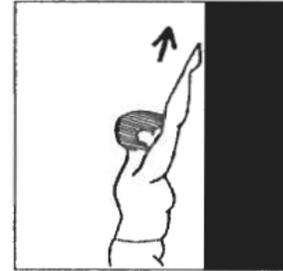
**INTERNAL ROTATION**

While standing, grasp the wrist of the operated arm with the hand of the good arm, and gently lift the operated arm towards the small of the back by bending the elbows. Hold for 10 seconds and repeat 10 times.

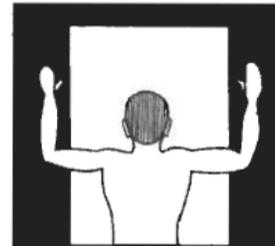


FORWARD ELEVATION

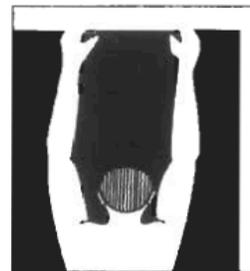
Standing one foot from the wall, walk the hand up the wall as high as possible, keeping the elbow straight. Lean GENTLY into the wall. Hold for 10 seconds and repeat 10 times

**EXTERNAL ROTATION**

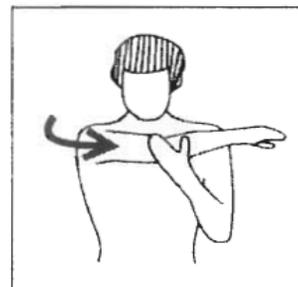
Standing in a narrow doorway, elbows bent 90 degrees and arms level with the floor, lean forward stretching the arms backwards. Hold for 10 seconds and repeat 10 times.

**FORWARD ELEVATION**

Standing in front of a door, slide both hands up the door and grasp the top of the door. Bend the knees to stretch the arms as much as is COMFORTABLE. Do NOT "hang" by your arms- keep your weight completely supported by your feet. Hold for 10 seconds and repeat 10 times.

**POSTERIOR CAPSULAR STRETCHES**

Reach across your chest towards the back of your neck with the operated arm. Grasp the elbow of the operated arm with the hand of the good arm and push the elbow of the operated arm across the body and flat against the chest. Hold for 10 seconds and repeat 10 times.



STRENGTHENING EXERCISES

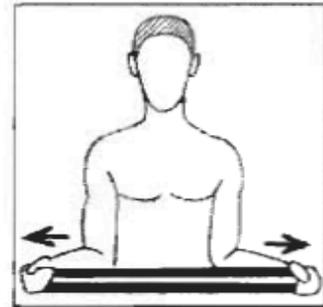
These are to be done with rubber ribbons- one popular brand is known as Theraband, but other brands work perfectly. Knot the ends of the Theraband to make a loop.

You are to use the following resistances for the following periods of time:

Resistance	Theraband Colour	Time
Light	Yellow	1 month
Medium	Red	1 month
Heavy	Green	1 Month

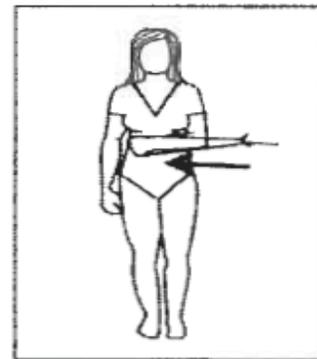
EXTERNAL ROTATION

With the Theraband around both wrists and the elbows flexed to 90 degrees, rotate the arms outwards stretching the Theraband. Keep the elbows CLOSE to the body. Hold for 10 seconds and repeat 10 times.



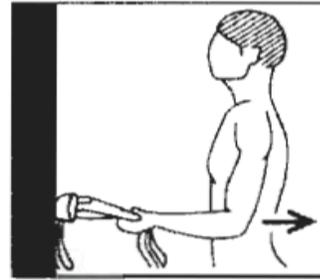
INTERNAL ROTATION

With the Theraband around the doorknob, and the elbow flexed to 90 degrees, pull the Theraband across the chest while keeping the elbow tucked into the side. Hold for 10 seconds and repeat 10 times.



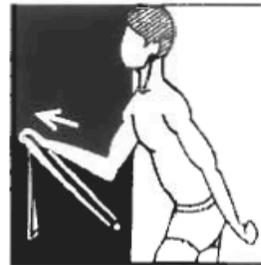
EXTENSION

With the Theraband around the doorknob and the elbow flexed to 90 degrees, pull the arm backwards to your side. Hold for 10 seconds and repeat 10 times.



FORWARD ELEVATION

With the Theraband around a door knob and the elbow flexed to 90 degrees, push forwards and upwards to stretch the Theraband. Hold for 10 seconds and repeat 10 times.



What you should avoid during this rehabilitation period:

- Lifting any objects heavier than 5kg from 3 to 6 months.
- Avoid “abduction exercises”, which involve bringing the arm directly out from the side (like a “star jump”). This is a painful and non-functional exercise, which should be avoided.

Who should I contact if I think I have a problem?

If you have any concerns or questions during your rehabilitation, please do not hesitate to contact my office, or send me an email at:

DrJohn@ShoulderandElbow.com.au