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## **Rotator Cuff Repair Postoperative Stretching Exercises:**

\*\* It is ok to start these exercises once cleared for passive motion (Passive means you do not use the injured shoulder's muscles to move the shoulder. You use the opposite shoulder or gravity to move the injured shoulder).

\*\*Replace your sling after stretches until cleared to discontinue (typically 4 – 6 weeks after surgery )by Dr. Witty.

**\*\* DO NOT use this form for subscapularis repairs!**

### **Table Slides:**

- Find a table or counter
- Sit down on chair so that table is approximately the level of the elbow.
- Place injured arm's hand on a small towel to help it slide along the table.
- Place opposite hand on top of the injured hand.
- Using the opposite hand, push the injured hand and arm away from your body.
- Lean forward and use opposite hand to push hand away from body.
- Once you feel a good stretch (avoid significant pain), hold the arm in that position for about 5 seconds and then return to upright and seated position.
- Perform 3 sets of 10 repetitions, 3 times per day



### **Passive Forward Flexion / Elevation:**

- Use a broomstick, golf club, or any other similar device to assist.
- You can perform standing or by lying flat on your back on floor, bed or other surface. At first, you may be more comfortable doing exercise while on back.
- Using uninjured arm, push the injured arm overhead.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position. You may not be able to get arm completely overhead right away. You will need to work on this every day.

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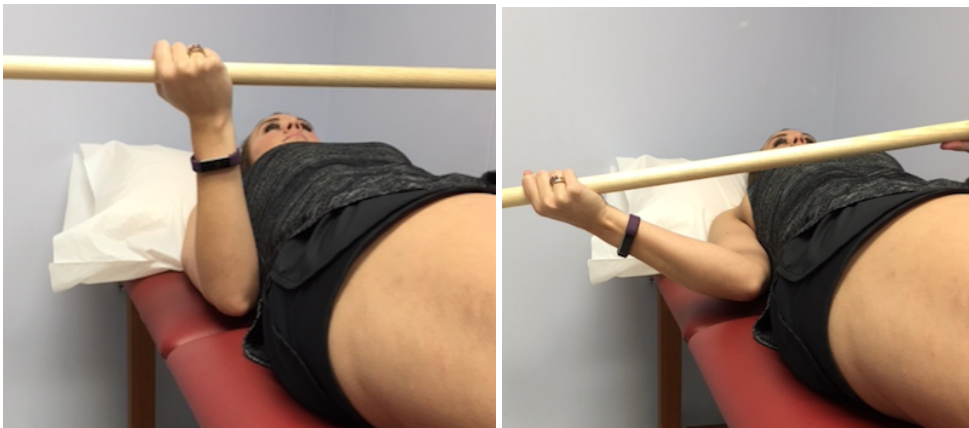


- Perform 3 sets of 10 repetitions, 3 times per day



**Passive External Rotation:**

- Use a broomstick, golf club, or any other similar device to assist.
- You can perform standing or by lying flat on your back on floor, bed or other surface. At first, you may be more comfortable doing exercise while on back.
- Keep injured arm's elbow directly against body at the side.
- If you have trouble keeping elbow at the side, place a pillow between your body and elbow and squeeze pillow to body to hold it in place.
- Using uninjured arm, push the injured arm outward rotating at the shoulder.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position.
- Perform 3 sets of 10 repetitions, 3 times per day



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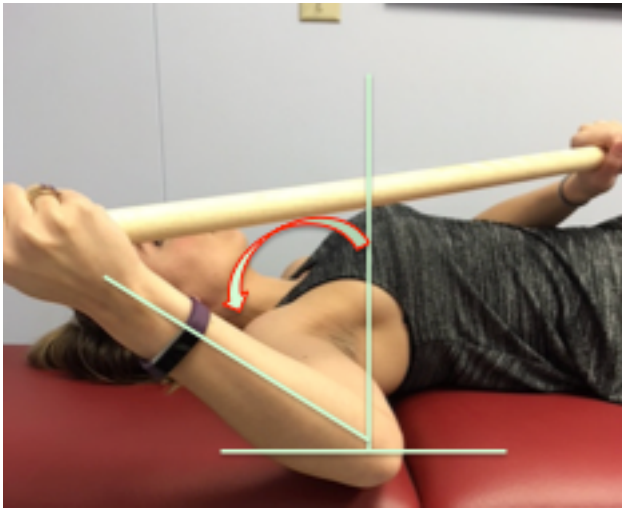


**Passive Abduction + External Rotation:**

- Use a broomstick, golf club, or any other similar device to assist.
- Perform this stretch while lying flat on your back on floor, bed or other surface.
- Using uninjured arm, push the injured arm out to the side and rotate outward at the same time.
- Once you feel a good stretch, hold in position for about 5 seconds and then pull arm back to starting position. You may not be able to get arm completely overhead right away. You will need to work on this every day.
- Perform 3 sets of 10 repetitions, 3 times per day



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**Overhead Stretch:**

- Grasp the injured arm by the hand or wrist with the opposite arm
- Using the uninjured arm, pull the injured arm overhead into the position below
- Hold for about 5 seconds and repeat
- Perform 3 sets of 10 repetitions, 3 times per day





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**Internal Rotation:**

- Hold the injured arm on the lower end of the pole (left arm in image below)
- Hold the pole with the uninjured arm on the upper end of the pole (right arm in the image below)
- Gently pull with the uninjured arm (right arm below) allowing the uninjured arm to stretch.
- Avoid using muscles of the injured arm to move the injured extremity.

