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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.

**** It is ok to start with these stretches if a subscapularis repair has been performed!**

** You will progress with external rotation stretching once cleared by Dr. Witty (can be up to 6 weeks after surgery).

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



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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.
- 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.

