**Phase I**

**Small Rotator Cuff Repair Exercises**

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Phase I exercises after a small rotator cuff repair focus on PASSIVE range of motion exercises. These exercises are designed to increase motion. In these exercises, the operated arm is moved either by the physical therapist or with the assist of the opposite arm or gravity. You should NOT be moving your arm yourself.

Perform these exercises **three** times a day.

**Pendulum Exercises**

 

Bend over at the waist and support yourself with your good arm. Let your operated arm and hand relax with gravity. Then move your torso and let your operative arm passively swing. It is important NOT to fire the shoulder muscles for this exercise and just rely on the torso movement. Perform the following movements 10x each.

1. Shift your body weight forward and backward
2. Circle clockwise
3. Circle counter-clockwise

**External Rotation with Stick**

 

Lie on your back. Bend your elbows to a right angle (90°) and hold close to side of body. Hold stick with both bands. Using your good arm, gently push the operated arm out to the side. Repeat 10x.

**\* PRECAUTIONS**:

* DO NOT move your arm beyond \_\_\_30\_\_\_ degrees

**Assisted Shoulder Elevation**

These exercises should be performed in the plane of the scapula as demonstrated below:



(overhead view)

* 1. **With another person:**



The assistant supports your arm at the hand and the elbow. Relax your arm as the assistant passively elevates your arm out slightly then up. Assistant should slowly lower arm down to starting position.

**\* PRECAUTIONS:**

* Do NOT elevate arm beyond \_\_\_130\_\_\_ degrees

**Additional Exercises**

a) Bend and straighten your elbow: (You MAY or MAY NOT be allowed to do this depending on what was done for your biceps. If not clear, please contact Dr. Kazemi’s office)

 

1. With your elbow bent at a 90° angle, turn your palm up and down:

 

1. Bend your wrist back and forth:

 

1. Open and close your fingers:

 