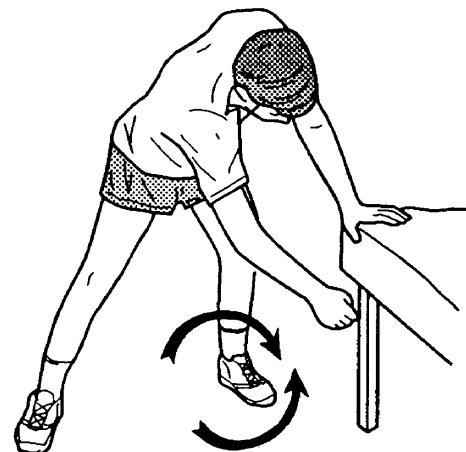


# Rotator Cuff Repair / Arthroplasty Exercises

- Do all of these exercises 2 - 3 times a day.
- Heat may be used on your shoulder **before** exercise for 20 minutes. Ice can be used on your shoulder **after** exercise for 15 - 20 minutes.

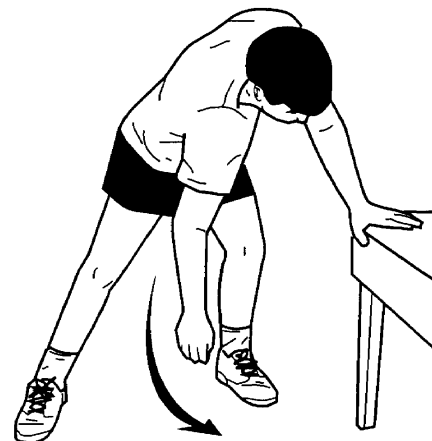
## Unweighted Pendulum Exercises - Clockwise / Counter Clockwise

Bend at your waist so your arm is dangling down. You may want to hold onto something for support. Gently rock your body weight from your left to your right foot or in a circular motion to move your arm in a circular pattern. Reverse your movement so your arm moves in the opposite direction. Do this \_\_\_\_\_ times in each direction.



## Unweighted Pendulum Exercises - Forward And Backward

Bend at your waist so your arm is dangling down. You may want to hold onto something for support. Move your arm forward and backward. Let your arm swing freely. Do this \_\_\_\_\_ times.

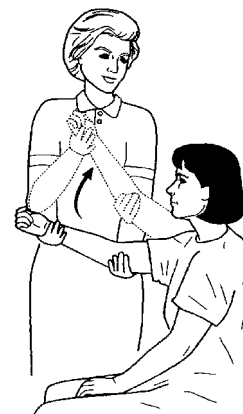


## Passive Range Of Motion

Note: This exercise must be done by another person for the first 6 weeks.

Sit in a chair for this exercise. Have another person hold your arm, supporting it at your wrist and at your elbow. Your thumb should be pointed up. It is very important to relax your arm and let the other person move it. Keep your arm at a 45° angle in front of your body. It should be raised as high as you can tolerate. Remember to take a deep breath as your arm is being lifted.

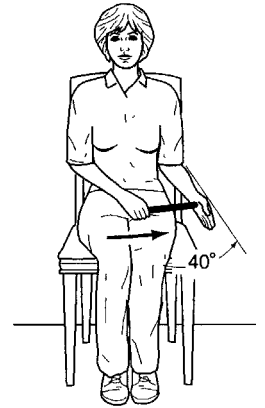
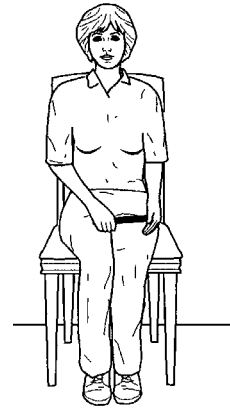
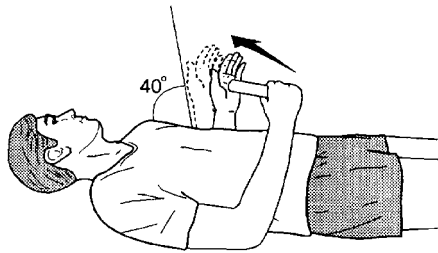
Repeat \_\_\_\_\_ times, for \_\_\_\_\_ second.



**❑ Passive External Rotation With A Dowel Rod**

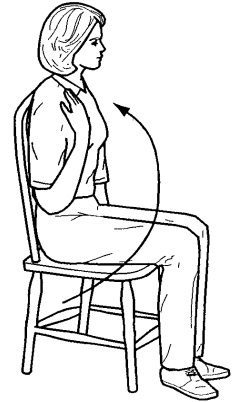
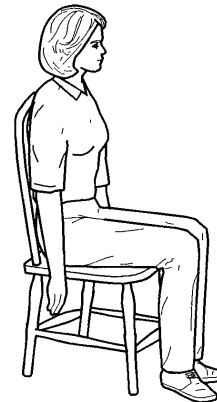
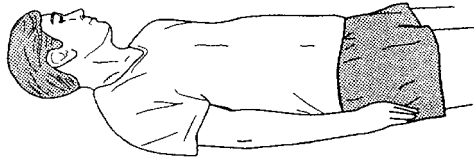
Sit in a chair or lie on your back and bend your elbows to 90 degrees. Hold a dowel rod and keep your elbows in close to your side. Use your good arm to push your other arm out to the side with the dowel rod. Do not push your arm out any further than 40 degrees, unless otherwise instructed.

Repeat \_\_\_\_\_ times for \_\_\_\_\_ seconds.



**❑ Active Elbow Movement**

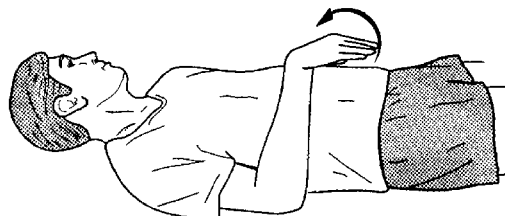
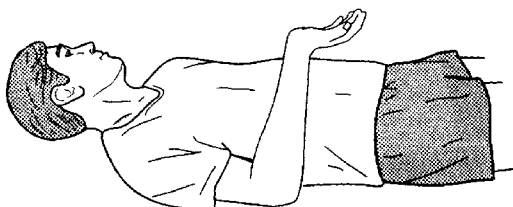
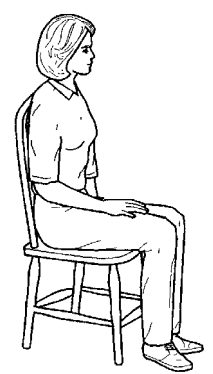
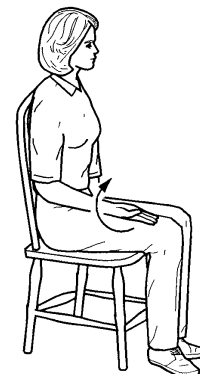
Sit in a chair or lie on your back with your arms down at your side and your elbows straight. Bend your elbow and bring your hand up towards your shoulder. Repeat \_\_\_\_\_ times.



**❑ Active Forearm Movement**

Sit in a chair or lie on your back with your arms at your side and your elbows bent. Turn your hand so your palm faces up to the ceiling. Then turn your hand so the palm faces down to the floor. Keep your elbow tucked in at your side while doing this exercise.

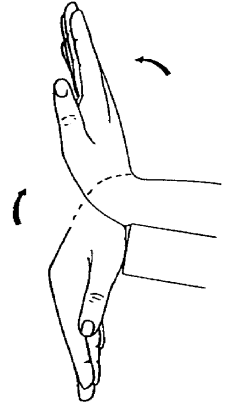
Repeat \_\_\_\_\_ times.



**Active Wrist Movement**

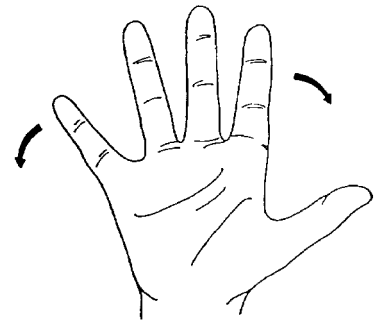
Put your arms at your side with your elbows bent. Turn your palm to the floor. Bring your hand up toward the ceiling, so your fingers point to the ceiling. Then bend your hand so your fingers point to the floor.

Repeat \_\_\_\_\_ times.



**Active Finger Movement**

Make a fist then straighten all of your fingers. Repeat \_\_\_\_\_ times.



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