

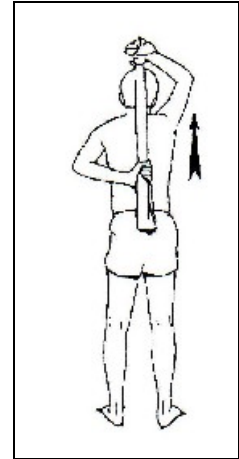
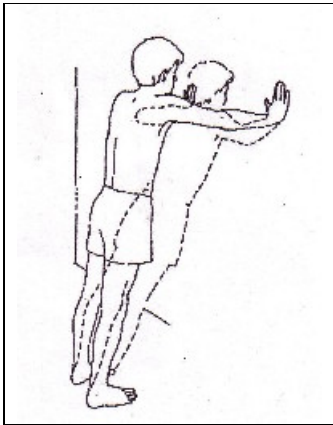


PHASE 2 EXERCISES 6 Weeks - 3 months ROTATOR CUFF REPAIR

- Perform the following ten times, once a day

1. Back towel stretch

Grasp towel in both hands
Place operated arm behind back and pull
unaffected arm up, pulling up affected arm
behind the back



- Perform the following ten times, twice a day

1. Wall push up

Place hands on wall at shoulder height
Lean into wall, bending at the elbow
and push back, like a push up

2. Active supported external rotation

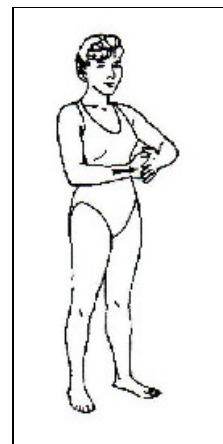
Sit at a table with elbows bent at 90°, by your side
and supported on top of the table
Keeping your shoulder blades still, slide the operated side
forearm so that it swings outwards, away from your body

ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

1. Isometric flexion

With forearm in front of your body
push with operated hand, towards
you, against unaffected hand which
is kept still, providing resistance





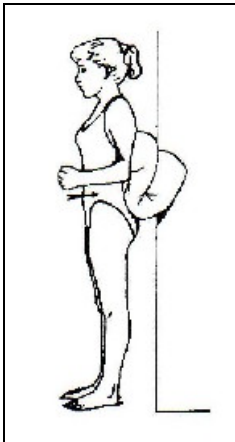
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ISOMETRIC STRENGTHENING EXERCISES

- Perform a series of ten, three times every day
- Hold each exercise for five seconds, applying gentle pressure

2. Isometric extension

Push elbow backwards into pillow



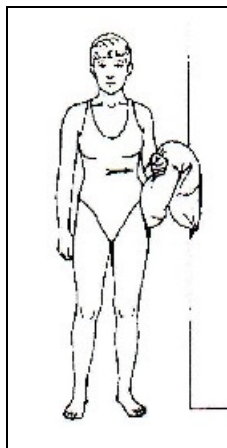
3. Isometric adduction

Squeeze pillow with elbow and arm into your side
Keep neck relaxed and shoulder blades pinched together



4. Isometric external rotation

Keeping your elbow by your side, press forearm so that it swings outwards in the direction of the wall



5. Isometric internal rotation

With elbow by your side, and using operated hand, push against unaffected hand, which is kept still, providing resistance

