

Rehabilitation Guidelines

Phase 3: 3 months—6 months



Phase 3—Theraband exercises

Please follow the order of colours and time period as per instructions given to you by our physiotherapist:

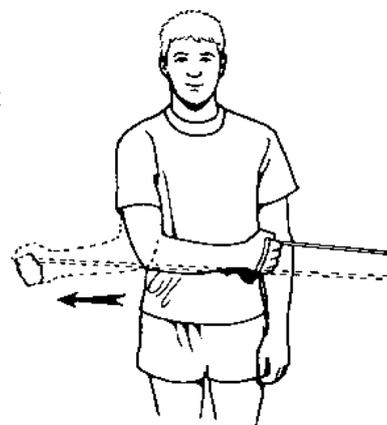
Colour YELLOW Time

Colour RED Time

Colour GREEN Time

1. Theraband External Rotation

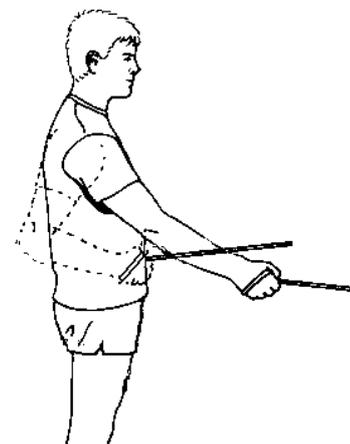
Tie theraband to door handle. Pull theraband outwards (external rotation). Start with a small amount of rotation and slowly increase the range of movement over the next 3 months. Remember to keep the elbow bent at 90° with the elbow close to the side of the body.



Slowly build up to 3 sets of 10 repetitions, aiming for 3x/day

2. Theraband Rowing

Tie theraband to door handle and take hold of each end with both hands. Pinch shoulder blades as you pull both arms backwards in a rowing motion. You can keep your elbows bent at first and progress once able to elbows straight.



Slowly build up to 3 sets of 10 repetitions, aiming for 3x/day

Slow and Controlled Movements

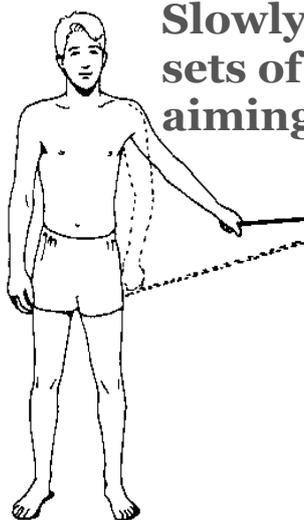
Slowly increase the range of movement within limits of comfort



Phase 3—Theraband exercises

3. Theraband Adduction

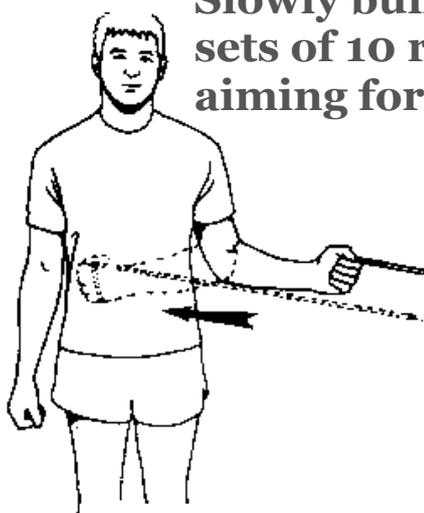
Tie theraband to door handle. Pull affected arm in towards your hip. Keep the elbow straight. You can adjust height of band to be elevated higher if you feel you require additional resistance within your limit of comfort and strength.



Slowly build up to 3 sets of 10 repetitions, aiming for 3x/day

4. Theraband Internal Rotation

Tie theraband to door handle. Pull theraband inwards and towards your abdomen. Keep elbow bent at 90° throughout the movement.



Slowly build up to 3 sets of 10 repetitions, aiming for 3x/day

5. Straight Arm Lifts

Raise affected arm out in front of body and lift upwards towards ceiling with palms facing up. Keep elbow straight. Control both the shoulder blades and shoulder joint as you raise.

Commence with no weight.

Progress by 0.5kg increments

building up to 2kg over the next

few months if your strength allows.



Slowly build up to 10reps, aiming for 3x/day

6. Biceps Curl

Bend operated elbow with a light weight to help strengthen your biceps muscle.

Commence with no weight. Progress by 0.5kg increments building up to 2kg over the next few months if your strength allows



Slowly build up to 10reps, aiming for 3x/day

PROFESSOR GEORGE MURRELL

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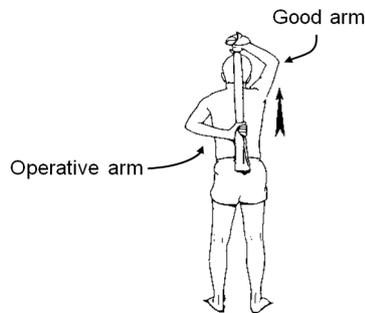
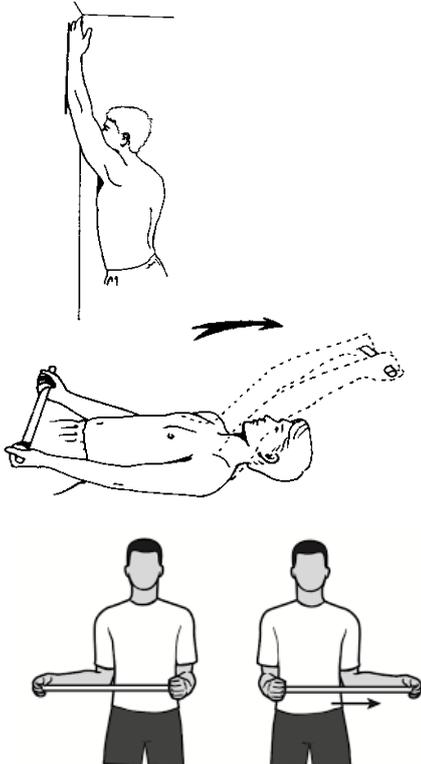
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Next Milestone...

Continue with the following exercises from Phase 2:



- Continue to use Ice Pack for 10minutes for pain relief and following exercise as required.
- Commence light lifting between 2kg and 5kg depending on progress and the repair. Our physio will instruct you on this.
- Occasional unweighted overhead work.

6 MONTHS

- Review with Professor George Murrell.
- Ultrasound scan with our sonographer to check the repair.
- Return to full work duties and sports if final clearance obtained from Prof Murrell.

SAR

