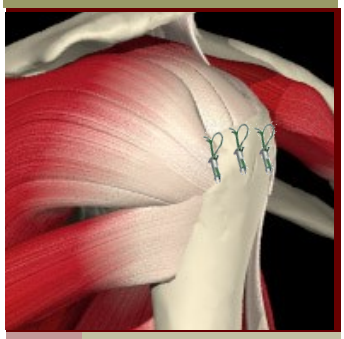
Rotator Cuff Repair
LARGE REPAIR



PROFESSOR GEORGE MURRELL

Arthroscopic Rotator Cuff Repair

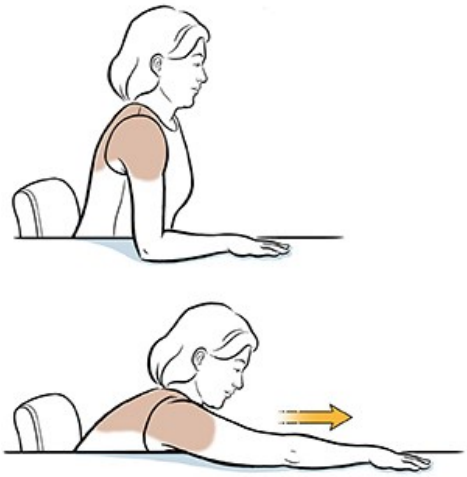
Rehabilitation Guidelines
LARGE REPAIR CONSERVATIVE PROGRAM
Phase 2: 6 weeks — 3 months

- *You can stop wearing the sling.*
- *No overhead activities.*
- *You can lift ½ kg to your chest level within comfort.*

- **Flexion Stretch—Table Slides**

  Use your good arm to help slide the operated arm on a table

  Hold 5secs, 10 reps
  1 - 2 x/day

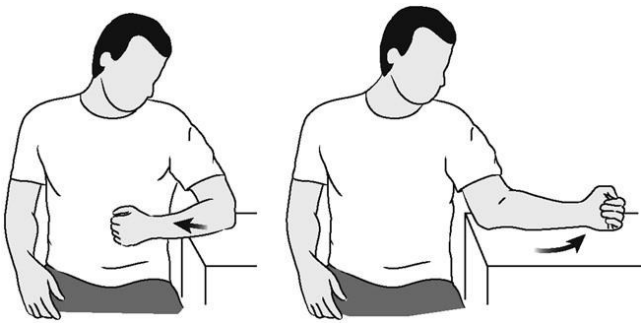


- **Active Supported External Rotation**

  Sit at a table with the elbows bent at 90º, by your side and supported on top of the table.

  Keeping your trunk still, slide the forearm of the operated side so that it swings outwards, away from your body.

  Repeat 10 reps, 1 - 2 x/day



External Rotation
e.g. following left shoulder

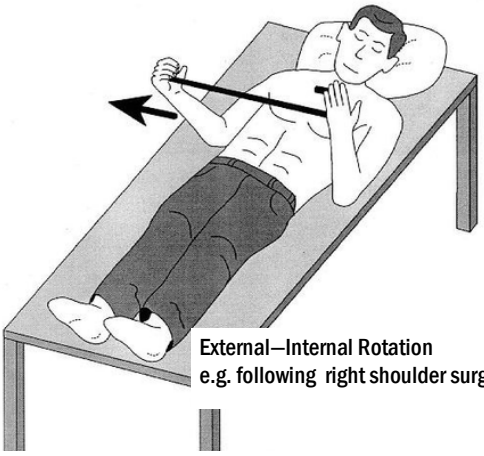
Phase 2—Passive Range Of Motion

- **EXTERNAL - INTERNAL ROTATION**
- **ROTATION is limited from Neutral (arm by side) to a maximum of 20degrees External Rotation**

Lying on your back. Hold stick with both hands. Keep elbows bent at 90°.

Using your good hand, *gently* push the stick towards the operated side of your body, making sure you keep the elbow bent at 90° and close to your side. **DO NOT** rotate beyond 20degrees of external rotation.

Repeat 10 reps slowly, 1 - 2 x/day



External—Internal Rotation
e.g. following right shoulder surgery

- **SHOULDER FLEXION**
- **Do not push past 90degrees of elevation before 12 weeks postop**

Lying on your back. Try one of these options with the elbows bent at first, progressing to having your elbows straight.
For both options, only move the operated arm as comfort allows, up towards the level of your shoulder joint. **DO NOT** raise your shoulder beyond 90degrees of elevation.

Option 1. Hold stick with both hands. Slowly and very gently move the stick towards your shoulder joint. Use your good arm to move the operated arm.
Option 2. Clasp the operated arm's wrist and use the good arm to lift the operated arm, whilst keeping it relaxed through range, up towards the level of your shoulder joint.

Repeat 10 reps slowly, 1 - 2 x/day

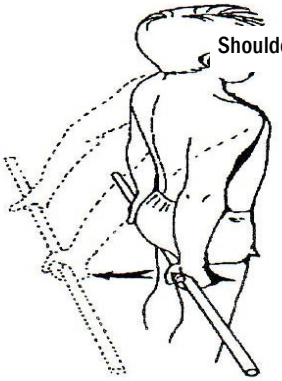
Option 1. Shoulder Flexion using a stick

Option 2. Shoulder Flexion using good hand to support wrist

- **SHOULDER EXTENSION**

Hold a stick using an *underhand* grip behind your back. Gently push the stick backwards away from your body only as comfort allows.

Repeat 10 reps slowly, 1 - 2 x/day

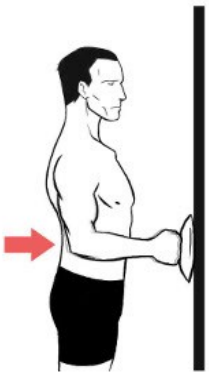


Shoulder Extension

Phase 2—Isometric Strengthening Exercises

- **Isometric Flexion**

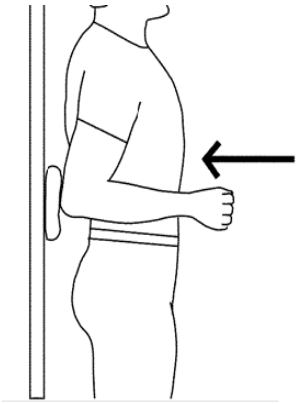
  With your operated arm, you are trying to resist the forward movement of your shoulder against a wall or steady surface, with the elbow bent at 90°.



Hold 5secs, 10 reps, 1-2x/ day

- **Isometric Extension**

  This is the opposite movement of shoulder flexion. Here, you are trying to push into the wall while trying to bring your shoulder backward.



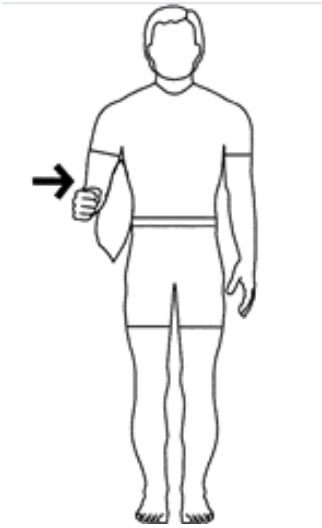
Hold 5secs, 10 reps, 1-2x/day

All pushes should be gentle.

Don't push through pain

- **Isometric Adduction**

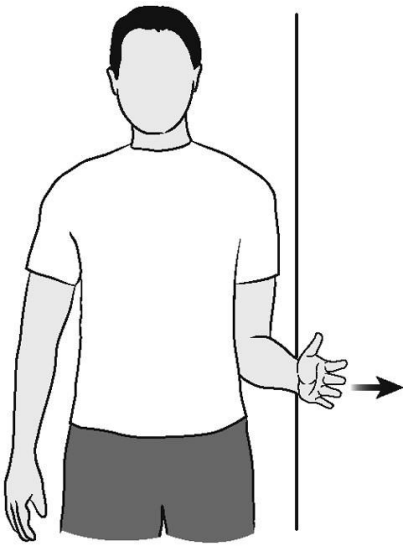
  Squeeze a pillow into your body with the elbow and arm.
  Keep the neck relaxed and the shoulder blades pinched together.



Hold 5secs, 10 reps, 1-2x/ day

- **Isometric External Rotation**

  Keep your elbow at 90° and close to your side. Whilst holding it by your side, press your forearm so that it swings outwards into a wall.



Hold 5secs, 10 reps, 1-2x/ day

PROFESSOR GEORGE MURRELL

The Church
17 Kensington St,
Kogarah, Sydney,
NSW 2217

Phone: 9598-5800
Fax: 9598-5801
Email: murrell.patients@ori.org.au

georgemurrellshoulders.com.au

Other Milestones...

6 WEEKS

- Completed. Well done!

3 MONTHS

- 12 week post-operative physio check up with us.
- Commence Phase 3 exercises.
- Lifting close to your body up to 1kg
- No overhead activities

6 MONTHS

- Review with Professor George Murrell.
- Ultrasound scan with our sonographer to check the repair.