Rotator Cuff Repair
LARGE REPAIR

PROFESSOR GEORGE MURRELL

Arthroscopic Rotator Cuff Repair

Rehabilitation Guidelines
LARGE REPAIR CONSERVATIVE PROGRAM
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:

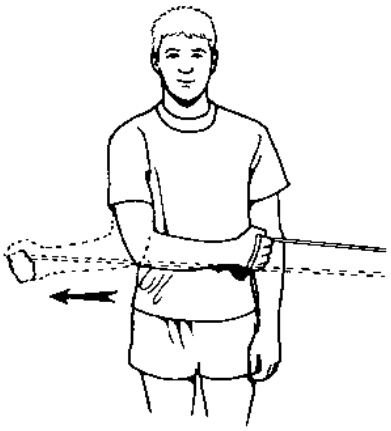
1. Colour YELLOW Time 6-8 WEEKS

2. Colour RED Time 8 WEEKS

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.

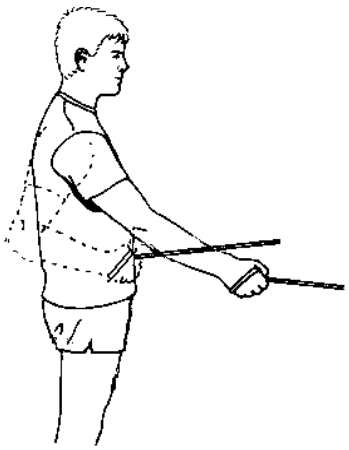
Slowly build up to 2 sets of 10 repetitions, aiming for 2 x/day



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 2 sets of 10 repetitions, aiming for 2 x/day



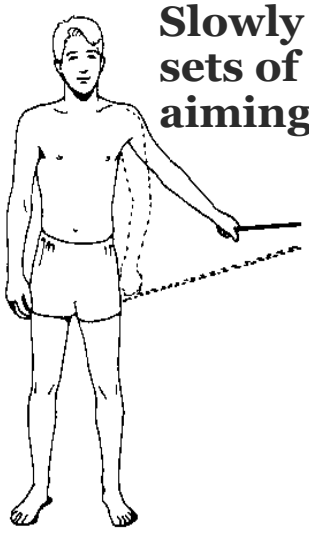
Slow and Controlled Movements

Slowly increase the range of movement within limits of comfort

Phase 3—Theraband exercises

3. Theraband Adduction

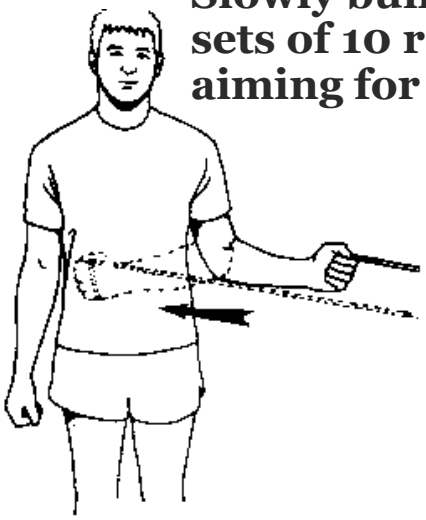
Tie theraband to door handle. Pull affected arm in towards your hip. Keep the elbow straight. You can adjust height of band to be elevated higher if you feel you require additional resistance within your limit of comfort and strength.



Slowly build up to 2 sets of 10 repetitions, aiming for 2x/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 2 sets of 10 repetitions, aiming for 2x/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.

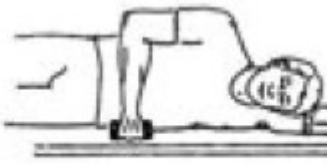
Commence with no weight.

Progress by 0.25kg increments building up to 1kg over the next few months .

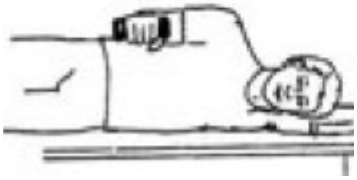
Slowly build up to 10reps, and only 1 x/day

6. Sidelying External Rotation

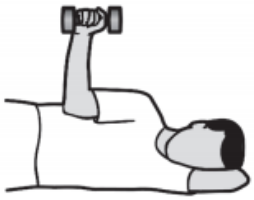
Sleep on your side so that the operated shoulder is on top. Using no weight to commence, rotate the arm with the elbow bent at bent at 90° from your abdomen to *NEUTRAL* and *slowly increase the range of motion* available within your limit of comfort and strength. As you improve, **progress by 0.25kg increments building up to 1kg over the next few months**.



Start Position



Neutral Position



Final Position if strength allows

Slowly build up from 10 repetitions, 1 x per day,

TO

2 sets of 10repetitions, 1 x per day

Phase 3 - Range of Motion

Use your good arm to help move the arm that has had surgery.

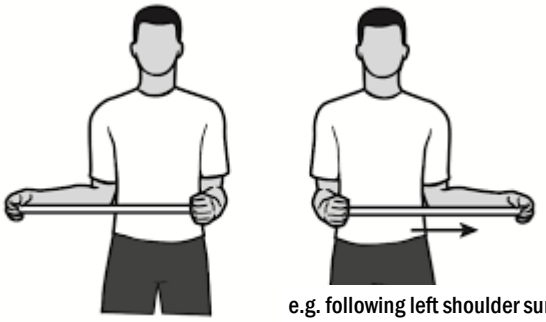
Only move the shoulder through a comfortable range.

Don't push through the pain.

EXTERNAL - INTERNAL ROTATION

Sitting or Standing. Hold stick. 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 at 90° and close to your side.

Repeat 10 reps slowly, 1 - 2 x/day

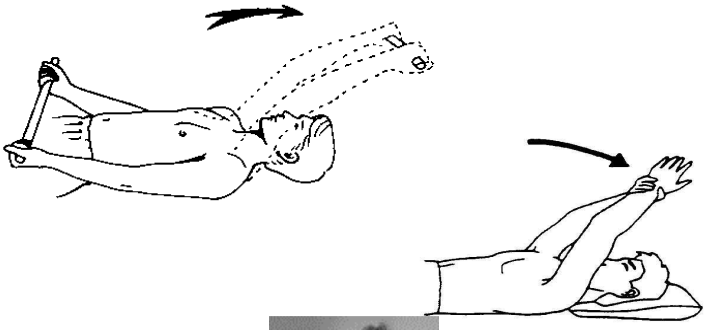


e.g. following left shoulder surgery

SUPINE SHOULDER FLEXION

Continue this from Phase II exercises whilst lying on your back using a stick or the other hand to assist as previous.

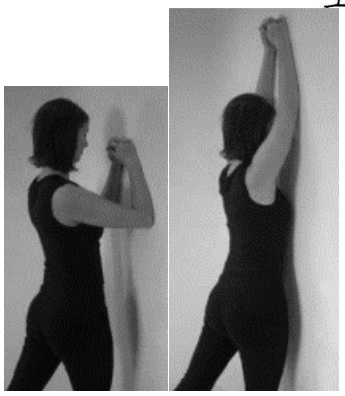
Repeat 10 reps slowly, 1 - 2 x/ day



FLEXION STRETCH

Use your good arm to help slide the operated arm up a wall within limits of comfort and stiffness/pain.

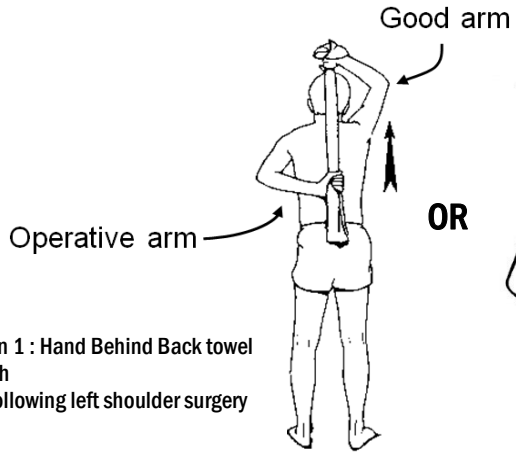
Repeat 10 reps slowly, 1 - 2 x/day



HAND BEHIND BACK STRETCH

Grasp towel in both hands (Option 1) or use the other hand to assist (Option 2). Place your operated arm behind your back and use the good arm to pull up the one that has had surgery.

Repeat 10 reps slowly, 1 - 2 x/ day



Option 1 : Hand Behind Back towel stretch
e.g. following left shoulder surgery

OR

Option 2: Hand Behind Back stretch
e.g. following right shoulder surgery

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

Next Milestone...

6 MONTHS

- Review with Professor George Murrell.
- Ultrasound scan with our sonographer to check the repair.
- Review any restrictions for work, sport or daily activities with Prof Murrell.