Rotator Cuff Repair
STANDARD REPAIR

PROFESSOR GEORGE MURRELL

Arthroscopic Rotator Cuff Repair

Rehabilitation Guidelines
STANDARD REPAIR
Phase 3: 3 months—6 months

Phase 3—Theraband exercises

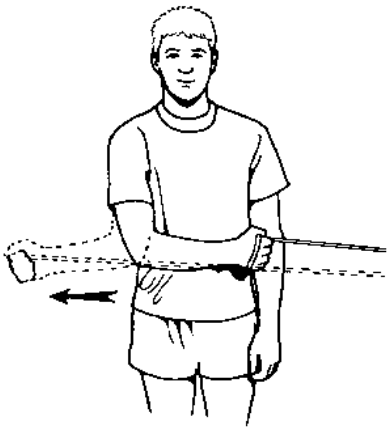
Please follow the order of colours and time period as per instructions given to you by our physiotherapist:

1. Colour YELLOW Time
2. Colour RED Time
3. 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.

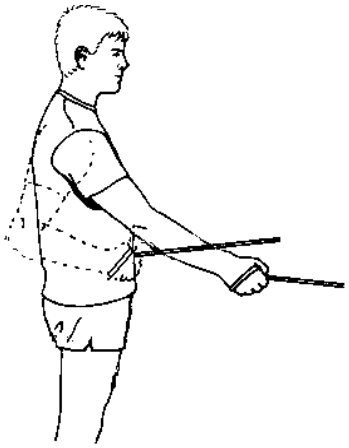
Slowly build up to 3 sets of 10 repetitions, aiming for 3x/day



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



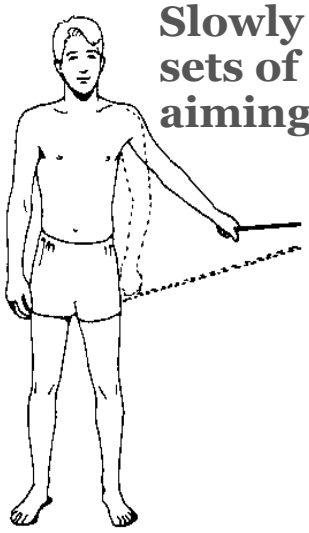
Slow and Controlled Movements

Slowly increase the range of movement within limits of comfort

Phase 3—Theraband exercises

3. Theraband Adduction

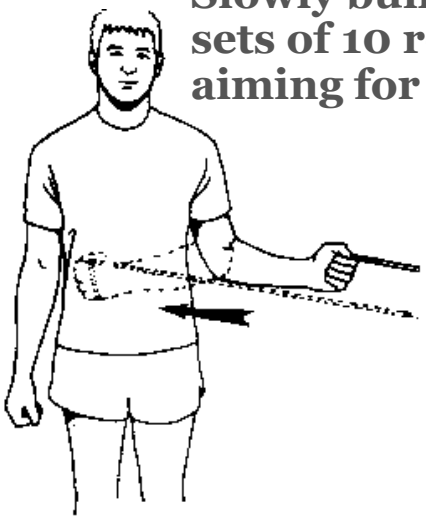
Tie theraband to door handle. Pull affected arm in towards your hip. Keep the elbow straight. You can adjust height of band to be elevated higher if you feel you require additional resistance within your limit of comfort and strength.



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

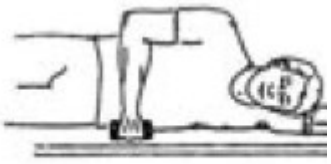
building up to 2kg over the next

few months if your strength allows.

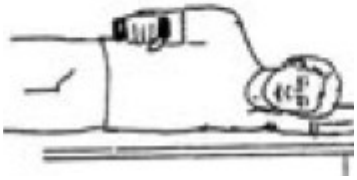
Slowly build up to 10reps, aiming for 3x/day

6. Sidelying External Rotation

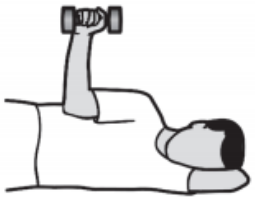
Sleep on your side so that the operated shoulder is on top. Using no weight to commence, rotate the arm with the elbow bent at bent at 90° from your abdomen to *NEUTRAL* and *slowly increase the range of motion* available within your limit of comfort and strength. As you improve, **progress by 0.5kg increments building up to 2kg over the next few months**.



Start Position



Neutral Position



Final Position if strength allows

Slowly build up from 10 repetitions, 2 times per day,

TO

3 sets of 10repetitions, 2 times per day

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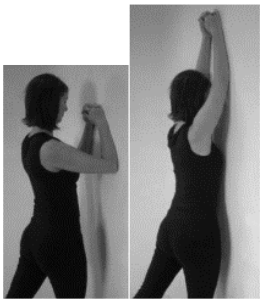
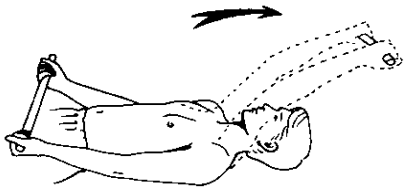
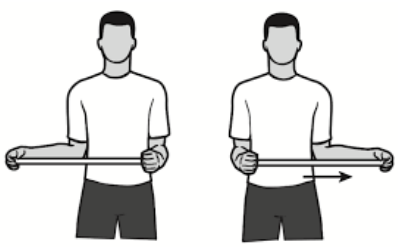
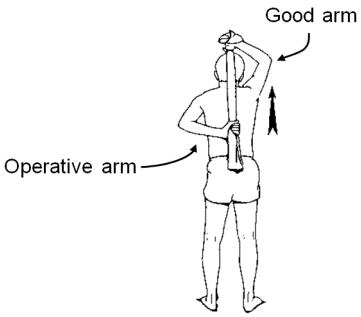
Next Milestone...

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.