

Home Exercise Program for Rotator Cuff Tear

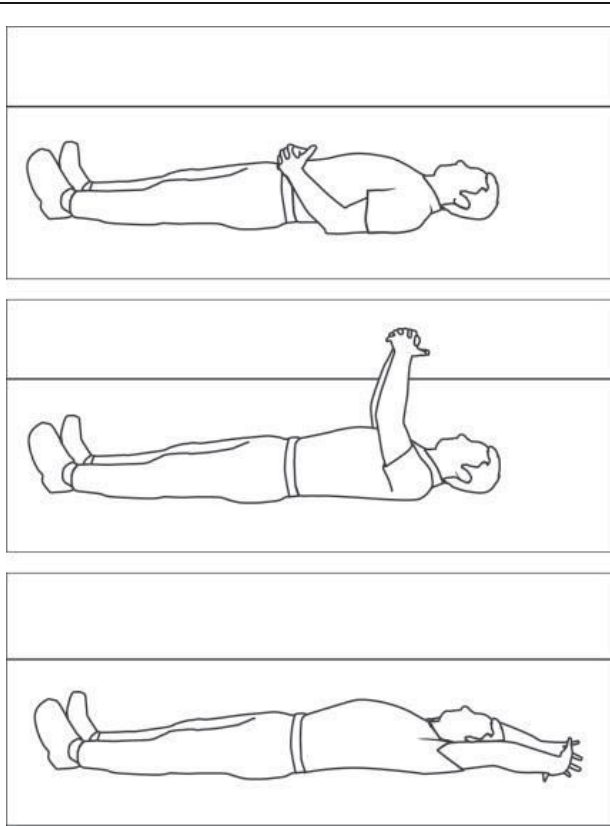
- Perform the exercises in the order listed.
- Apply a bag of crushed ice or frozen peas to the shoulder for 20 minutes after performing both exercises to prevent any further inflammation or pain.
- You should not experience pain with any of the exercises. If pain or stiffness occurs that prevents you from performing any of the exercises correctly, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercise Program for Rotator Cuff Tear

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Active-assisted glenohumeral flexion	Deltoid and rotator cuff	10 repetitions/3 times per day	3 to 4	6 to 8
External rotation	Infraspinatus Teres minor	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8
Internal rotation	Subscapularis Teres major	8 repetitions/2 sets, progressing to 15 repetitions/3 sets	3 to 4	6 to 8

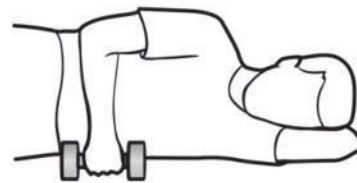
Active-Assisted Glenohumeral Flexion

- While lying on your back, interlock your fingers and slowly raise both arms over your head. Use the unaffected arm to assist in raising the affected arm.
- Range of motion will likely be limited initially (compared with the unaffected side), but should gradually improve over a number of days to weeks.
- Stretch only to the limit of comfort and hold 5 seconds. Repeat 10 times. Perform 3 times per day.

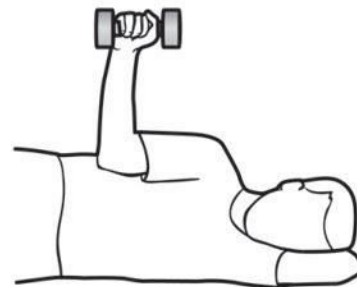


External Rotation

- Lie on your side on a firm, flat surface with the unaffected arm under you, cradling your head.
- Hold the affected arm against your side as shown, with the elbow bent at a 90° angle.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your side, to raise the weight to a vertical position, and then slowly lower the weight to the starting position to a count of 5.
- Begin with approximately 1- to 2-pound weights that allow 2 sets of 8 repetitions, progressing to 3 sets of 15 repetitions.
- Add weight in 1-pound increments, starting over at each new weight level with 2 sets of 8 repetitions up to a maximum of 3 to 6 pounds, depending on your size and fitness level.
- Perform the exercise 3 or 4 days per week, continuing for 6 to 8 weeks.



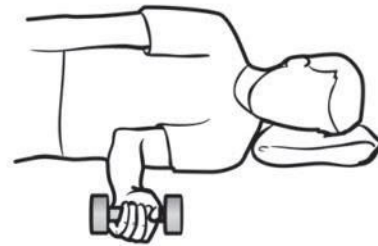
Start



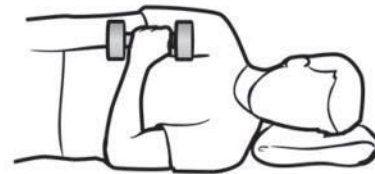
Finish

Internal Rotation

- Lie on your side on a firm, flat surface with the affected arm under you and with a pillow or folded cloth under your head to keep your spine straight.
- Hold the affected arm against your side as shown, with the elbow bent at a 90° angle.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your torso, to raise the weight to a vertical position, and then slowly lower the weight to the starting position.
- Begin with weights that allow 2 sets of 8 repetitions, progressing to 3 sets of 15 repetitions.
- Add weight in 1-pound increments, starting over at each new weight level with 2 sets of 8 repetitions up to a maximum of 3 to 6 pounds, depending on your size and fitness level.
- Perform the exercise 3 or 4 days per week, continuing for 6 to 8 weeks.



Start



Finish