

Postoperative Rotator Cuff Protocol

Robert E. FitzGibbons, M.D.

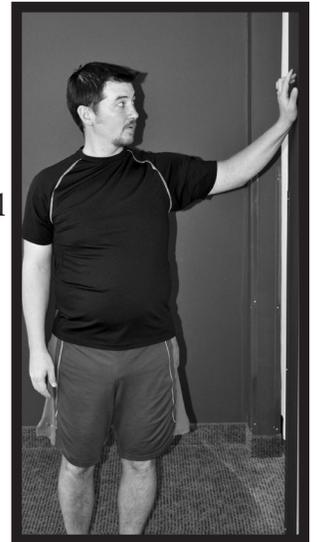
Date to begin:

_____ Passive Range of Motion (ROM): no active use of the affected shoulder

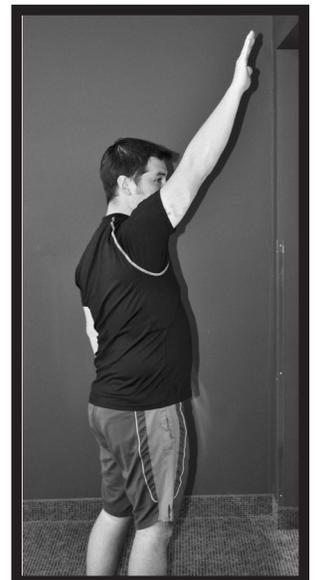
_____ Pendulum exercises beginning with small circles, clockwise/ counter-clockwise and very slowly increasing the size of the circles over time



_____ Wall climbing with PASSIVE return to side: Use the affected shoulder fingers to carefully climb up a smooth wall, facing the wall, and when the hand reaches a height that you do not feel comfortable going beyond, try to leave the hand on the wall and lean towards the wall slowly, but carefully, to stretch the shoulder. After approximately 10-20 seconds allowing it to stretch up high, let the hand slowly slide back down the wall in a careful, controlled fashion. Passive means you are not actively using your shoulder to lift the arm up the wall.



_____ Wall climbs with ACTIVE lowering of the hand. This is similar to passive wall climbs except that when you get it to maximum height you are going to step away from the wall and try and lower your hand using your own muscle function in the shoulder but having the wall close enough to catch it if you have trouble keeping the arm up under your own strength.



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Continued

Towel/stick stretches behind the back. Utilizing the unaffected shoulder, lower a towel down the back of your spine, grasping the towel or stick with your surgery hand and slowly use your unaffected arm to pull your affected hand/shoulder up the spine.



An additional exercise to increase internal rotation. Stand with your back against a table/chair/counter. Grasp the table/chair/counter firmly with your spine in the center of the table/chair/counter, keeping your body square to the surface you are holding, bend your knees to bring your hand slowly up your spine.

