

Non-Surgical Intervention Rotator Cuff Tear Home Exercise Program

Exercise:

Description:

When to perform exercise:

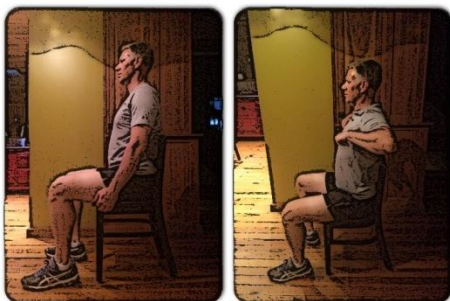
Daily posture exercises and shoulder stretches



Good standing/sitting posture vs. Poor standing/sitting posture for your upper body

- Proper:
 - Hold your head up straight with your chin parallel to the floor. Avoid tilting your head to the side, forwards, or backwards. You can think of a string attached to the middle of the top of your head and it is pulling your head and neck towards the ceiling.
 - Your eyes should be looking straight ahead.
 - Your ears should align with the middle of your shoulders.
 - Your shoulders should be pulled back and straight (not rounded).
 - Your chest should be moderately pushed out.
 - Your stomach should be tucked in, without your hips tilting forward or backward.
- Poor:
 - Your head positioned forward, in front of your shoulders.
 - Your neck bent forward.
 - Your shoulder rounded and curved inward.
 - Your upper back is slumped.

Perform proper posture as often as possible throughout the day.



Proper posture exercise in sitting (at all times)

Your bottom should be touching the back of the chair and your arms resting at your side.
Use a towel roll to put in the small curve of your back.
Sit up straight with your feet flat on the floor, facing forward.
Bend at your elbows, as though you would start to flap them like a duck, then lift them to shoulder height.
At the same time, pull your shoulders back and keep your head in neutral so that your chin is parallel to the floor.

Perform proper posture as often as possible throughout the day



Wall Posture Exercise

Stand with feet shoulder width apart and your heels three inches away from a wall.
Put your arms at your side with you palms facing away from the wall.
Stand up straight, pulling your shoulders to touch the wall and your chest will be moderately pushed out.
Hold for 30 seconds. Relax

Perform 15 times every day.



Shoulder Circles

- Sit in a chair in a relaxed position with your feet flat on the floor.
- Lift your shoulders straight up, then immediately pull them back, then immediately them down

Perform 15 times, once every day, or whenever you need to “reset” your posture throughout the day.



Doorway Stretch

- Stand in a doorway with your feet shoulder width apart, placing one foot a step ahead of the other.
- Place your forearms on the sides of the outside of the doorframe with your elbow in a 90-degree position.
- Lean forward on your front leg, so that you open up your chest and feel a stretch in your chest muscles.

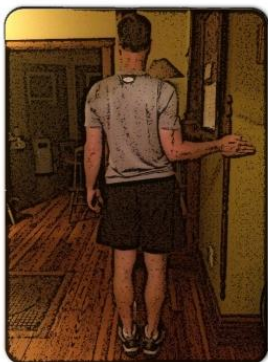
Perform 3 times for 30 seconds, once every day.



Post Cap Stretch

- In sitting or standing, raise your affected arm to the level of your shoulder (90 degrees) straight in front of you.
- Placing the hand of your unaffected arm on your elbow of the affected arm and pull straight across your body.
- You should feel a stretch on the backside of your shoulder.
- Hold for 30 seconds

Perform 3 times for 30 seconds, once every day.



External Rotation Stretch

- Stand with your elbow at 90-degrees, on your affected side, and tuck in to the side of your body.
- Keeping your elbow by your body, rotate your forearm away from your body.
- Keeping your wrist straight, place your hand on the wall.
- Slowly, turn your body away from your affect hand until you feel a good stretch.

Perform 3 times for 30 seconds, once every day.

WEEK 1-4

Pendulum Exercises

- Stand next to a sturdy surface that is around the height of your hip, with your feet shoulder width apart.
- Stand with the affected shoulder furthest away from the table.
- Bend slightly forward at the waist and hold on to the surface with your unaffected hand to support your upper weight.
- Let your affected shoulder relax straight towards the floor.



Perform once every day for the first 4 weeks.

Circular

- Sway your body weight in a small circular motion so that your arm moves in the same circular direction.
- Then reverse the circular motion in the opposite direction.
- Perform for 5 minutes.

Side to Side

- Sway your body weight from your right to your left leg, so that your arm moves from side to side
- Perform for 5 minutes.

Forward / Backward

- Sway your body weight from your right leg to your left leg, so that your arm moves forwards and backwards.
- Perform for 5 minutes.

Self-Assist for Forward Flexion

- Lay on your back with your knees bent.
- Your affected arm should be straight to your side and your unaffected arm should hold your affected arm at the wrist.
- Slowly and carefully raise your arm straight up towards your ear; your unaffected side should be doing all of the work and your affected side should be relaxed.
- Hold for 30 seconds when you feel a good stretch and before you have caused any pain.
-

Start performing this exercise in week 2 or 3 depending on when you are pain free with the PROM Exercise.

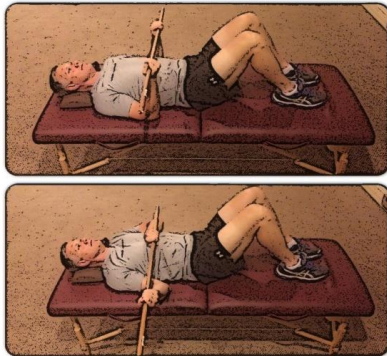
Perform for 5 minutes. Take a 3-second break after each hold of 30 seconds.



External Rotation with Stick/Cane

- Lay on your back with your knees bent.
- Hold the stick/cane with the overhand grip on your unaffected side and an underhand grip on your affected side.
- Bend elbows to 90-degrees.
- Keeping your elbows in place, push with your hand on unaffected side so that your hand on affected side is rotating away from your body.

Start performing this exercise in week 2 or 3 depending on when you are pain free with the PROM Exercise.



Walk Hand Up the Wall

- Stand facing the wall.
- Put the arm on the affected side in front of your body, parallel to the floor with your fingertips touching the wall.
- Walk your fingers straight up the wall within limits of pain. Hold for 5 seconds.
- Slide your hand slowly back down to the starting point.

Start performing this exercise in week 2 or 3 depending on when you are pain free with the PROM Exercise.

Perform 2 sets of 15, 3 times a week through week 5.



Isometrics: Next 5 Exercises

Push into Towel for 10 second holds for 5-10 times

3-5 times per week



Adduction with Rolled Towel

- Bend your elbow on your affected side to 90 degrees.
- Place a rolled towel between your ribs and your arm.
- Squeeze your arm into the side of your body with 50% of your strength.

Hold for 10 seconds and relax.



Extension with Rolled Towel

- Bend your elbow on your affected side to 90 degrees.
- Place a rolled towel between the back of your affected arm's elbow and the wall.
- Push your arm into the wall with 50% of your strength, keeping your arm



Flexion with Rolled Towel

- Bend your elbow on your affected side to 90 degrees.
- Place a rolled towel between the front of the affected arm's fist and the wall.
- Push your arm into the wall with 50% of your strength, keeping your arm bent.

Hold for 10 seconds and relax.



Abduction with Rolled Towel

- Bend your elbow on your affected side to 90 degrees.
- Place a rolled towel just above your elbow, between your affected arm and the wall.
- Push your arm into the wall with 50% of your strength.

Hold for 10 seconds and relax.



ER with Rolled Towel

- Bend your elbow on your affected side to 90 degrees.
- Place a rolled towel between the back of your affected arm's fist and the wall.
- Push your arm into the wall with 50% of your strength, keeping your arm bent.

Hold for 10 seconds and relax.



Shoulder Shrugs

- Sit or stand tall.
- Raise your shoulders towards your ears.
- Relax.

Perform 2 sets of 15,
3 times a week.



Scapular Retraction

- Sit or stand tall.
- Pinch your shoulder blades together.
- Relax.

Perform 2 sets of 15,
3 times a week.



Rowing

- Stand to the side of a steady surface, with your unaffected arm supporting you.
- Bend slightly forward at the waist.

Keep your elbow on the affected side in a 90-degree angle and pull your elbow back while pinching your shoulder blades together

Start performing this exercise in week 4.

Perform 2 sets of 15,
3-5 times a week.

WEEK 5-6



I's

- While standing with your arms at your side, raise them straight up in front of you to shoulder height. Slowly lower them back down.
- Do NOT go above shoulder height as pictured!!
- When easy, add a weight. Start with 1#, but do not go above 5-10#s.

Start performing this exercise in week 5, as long as the AAROM Exercises are pain free and too easy.

Perform 2 sets of 15, 3 times a week

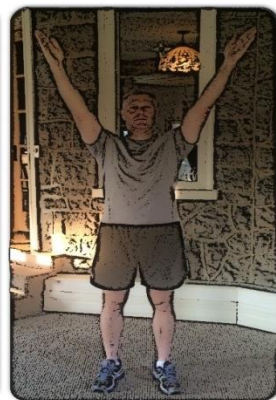


Y's

- While standing with your arms at your side, raise them in a V-shape to shoulder height. Slowly lower them back down.
- Do NOT go above shoulder height as pictured!!
- When easy, add a weight. Start with 1#, but do not go above 5-10#s.

Start performing this exercise in week 5, as long as the AAROM Exercises are pain free and too easy.

Perform 2 sets of 15, 3 times a week



T's

- While standing with your arms at your side, raise them laterally from your side to shoulder height. Slowly lower them back down.
- Do NOT go above shoulder height as pictured!!
- When easy, add a weight. Start with 1#, but do not go above 5-10#s.

Start performing this exercise in week 5, as long as the AAROM Exercises are pain free and too easy.

Perform 2 sets of 15, 3 times a week



Scapular Protraction

- Lay on your back with your knees bent.
- Raise your affected arm straight in the air toward the ceiling.
- Keep your elbow straight.
- Punch the fist of your affected side to the ceiling, without moving your body. (Your body should stay on the table.)
- When exercise becomes easy, can add 1-2 lbs. weight. Once 2 sets of 15 is easy, increase weight.

Start these exercises in Week 5-6.

Perform this exercise for 2 sets of 15.



Scapular Depression

- Stand tall.
- With your arms at your side and your palms facing forward, reach your fingers to the floor without moving your body.
- Relax.

Start performing this exercise in week 5.

Perform 2 sets of 15, 3 times a week.



Scaption Isometric Stabilization

- Stand in front of a wall, shoulder width apart.
- Place hand of affected side on the ball with your arm elevated about 150*.
- Your hand should be bent backwards at about 85*.

While consciously using your muscles to stabilize your shoulder blade, press into the ball without moving your wrist.

Perform in week 6.

Perform 10 sets of 10 seconds, 3 times a week



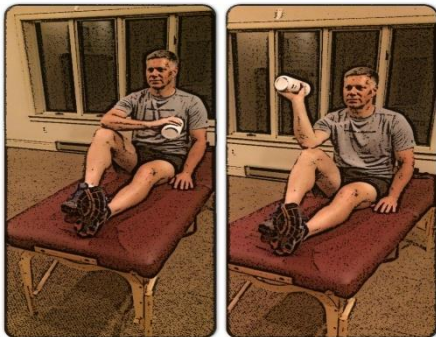
Internal Rotation with Weight

- Standing or sitting, hold the 1-2 # weight in your arm on the affected side.
- Bend your elbow to 90-degrees.
- Bring the weight in toward your belly and then out again.
 - Alternate way:
 - Lie on your stomach with your affected arm, with a soup can, dangling off the side of the surface.
 - Keep your elbow bent to 90 degrees.

Raise your hand toward the ceiling in the direction of where your feet are placed.

Start performing this exercise in week 6.

Perform 2 sets of 15, 3-5 times a week.



OR



External Rotation with Weight

- Sit with your knee on the affected side bent (or both knees).
- Place a 1-2 # weight in the hand of your affected side.
- Place your elbow on the knee of your affected side.
- Put your elbow in a 90-degree position and then bring your hand toward the ceiling.
 - Alternate way:
 - Lie on your stomach with the hand of your affected arm holding a 1-2 # and dangle off the side of the surface.
 - Keep your elbow bent to 90 degrees.

Raise your hand toward the ceiling in the direction of where your head is placed.

Start performing this exercise in week 6.

Perform 2 sets of 15, 3-5 times a week.

WEEK 7



Extension with Elastic Band

- Tie a knot at the end of the band and close a door on it to hold it in place above your head.
- Stand facing the wall.
- Hold band with hand of affected side up high, just above shoulder.
- Pull straight, down and toward body.

Start performing this exercise in week 7.

Perform 2 sets of 15, 3-5 times a week.



External Rotation with Elastic Band

- Tie a knot at the end of the band and close a door on it to hold it in place at elbow height.
- Stand with elbow on affected side furthest from the wall and at a 90-degree angle.
- Hold band with hand of affected side and rotate hand away from your body, keeping your elbow tucked by your side.
- Relax.

Start performing this exercise in week 7.

Perform 2 sets of 15, 3-5 times a week.



Internal Rotation with Elastic Band

- Tie a knot at the end of the band and close a door on it to hold it in place at elbow height.
- Stand with elbow on affected side closest to the wall and at a 90-degree angle.
- With underhand grip and elbow tucked into side, hold band with hand of affected side and pull in toward your belly.
- Relax

Start performing this exercise in week 7.

Perform 2 sets of 15, 3-5 times a week.



Retraction with Elastic Band

- Stand with elbows close to your side and at a 90-degree angle.
- With underhand grip, hold both ends of the band.
- Keep elbows tucked to side and at 90-degree angle and move your hands away from your body.
- Relax

Start performing this exercise in week 7.

Perform 2 sets of 15, 3-5 times a week.

WEEK 8-12



External Rotation

- Lay on your unaffected side. Hold a 1-2 # weight in your affected side.
- Rest your elbow of your affected side on the side of your body.
- Put a roll between your arm and your rib cage.
- Use your hand of your unaffected arm to place your affected forearm toward the ceiling, keeping your elbow tucked.
- Slowly control the weight and bring it to your belly. Do not let your elbow move.

Start performing this exercise in week 8.

Perform 2 sets of 15, 3-5 times a week.



Alphabet Exercise

- Stand facing a wall with feet shoulder width apart.
- Place the palm of your affected side on a ball at shoulder height.
- Move your hand in the movement that mimics the alphabet and draw A-Z on the wall with the ball.

Start performing this exercise in week 9-12.

Perform 1 set of all of the alphabet letters, three times a week.



Wall Push Up

- Stand with feet shoulder width apart and slightly staggered.
- Place hands on a wall at shoulder height.
- Keep elbows at 90-degrees.
- Lower your body slowly towards the wall, while consciously stabilizing your shoulder blade as you move.
- Come back to the starting position.

Perform during weeks 10-12.

Once this is too easy and you feel that your strength has significantly improved, you may progress to knee floor push-ups and then proper push-ups.

Perform 2 sets of 15 repetitions, 3 times a week.

IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

WWW.IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Director of Rehabilitation

Non-Operative Rotator Cuff Tear Home Exercise Program

Rehabilitation of the shoulder after a non-operative rotator cuff tear may take an extended period of time (8-12 weeks). A loss of strength, range of motion, and use of the arm with every day activities is common after an injury. Your strength, range of motion, and use of the shoulder may be regained. It may become frustrating at times, but you may be successful with hard work, patience, and listening to your body. Keep in mind that the tear will not repair itself, thus if you are not successful with this program, surgical intervention may be the only option.

When you are exercising on your own at home there are some things to remember...

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling after exercise.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

General Guidelines for Exercises:

- Postural exercises should be performed at least once a day, or whenever you need to “reset” your posture throughout the day.
- Stretch for 3-10 repetitions, holding for 10-30 seconds each.
- Strengthening exercises are to be performed 3 to 5 days per week, 2 sets of 15 repetitions
- It is important to have 2 rest days throughout the week
- Ice for 15 minutes after exercise and at the end of the day. Do not ice before exercising.