

# Northeast Orthopaedics & Sports Medicine

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Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

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## Massive Rotator Cuff Tear Rehabilitation Protocol

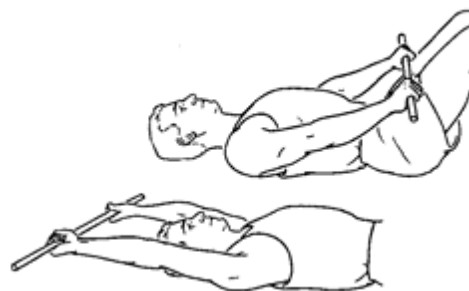
**\*\*These exercises should be performed 2-3 times PER DAY\*\***

1. **Pendulum Warm-Up Exercise:** Standing, bend over at the waist and let your arm dangle. Move your hand in a clockwise circle, then in a counterclockwise direction. Start with small circles and work into large ones. Do this for 5 minutes to warm up the muscles.



2. **Active Assisted Warm-Up:** Use the pulley system to practice your arm elevation. Use the healthy arm to elevate the injured arm. Do this exercise 15 times, rest and repeat 3 times. (Pulley system will be provided by your doctor or physical therapist)

3. **Active Assisted Arm Elevation Exercise:** Begin lying flat on your back. Use a cane or a stick in your good arm. Hold on to the stick with the hand of the injured arm. Raise the stick from your lap over your head as far as possible. Do this exercise 20 times, rest and repeat 4 times. If no cane or stick available, use your healthy arm to raise the injured arm.



4. **Active Arm Elevation Exercise:** when you can raise the arm comfortably with assistance (cane or other arm) try lifting the injured arm under your own power. Do 20 times, rest and repeat 4 times.

5. **Resisted Arm Elevation Exercise:** After you are comfortable lifting your arm under your own power, do the same exercise with an 8 oz. can, and then try a 1 lb. weight. Do this exercise 20 times, rest and repeat 4 times.

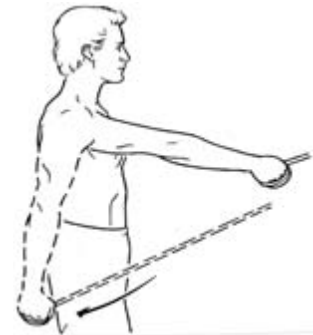


6. **When these exercises become easy to perform:** raise your body position up by 20° and then start steps 2-5 over again.

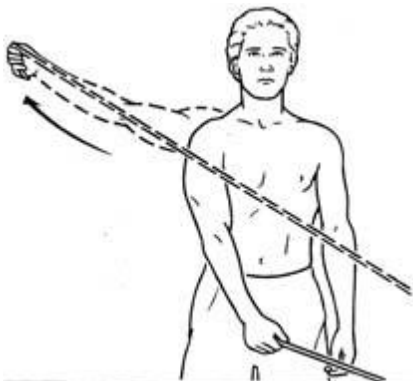
7. **When the exercises at 20° become easy to perform:** raise your body position up by another 20° and begin steps 2-5 over again, until you are performing these exercises standing up.

8. **Deltoid Strengthening:** in addition to warming up and practicing arm elevation, we want to strengthen the deltoid muscles using a THERABAND

- **Shoulder Extension:** secure the theraband to an object in front of you at waist level. You will hold the theraband with your INJURED ARM. Keeping your elbow straight, pull the theraband back to your hip and hold for a count of 2. Return to your starting position and prepare to perform another repetition. Do 15 times, rest and repeat 3 times.



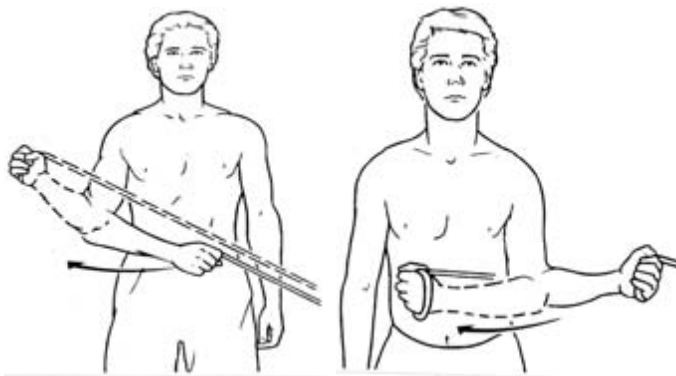
- **Shoulder Abduction:** secure the theraband to an object below the waist. Standing to the side of the theraband, hold the theraband with your INJURED ARM in front of you at your side. Elevate your arm out to the side to 90° and hold for a count of 2. Return your arm to your starting position and repeat. Do this exercise 15 times, rest and repeat 3 times.



- **Forward punches:** secure the theraband at waist level. Hold the theraband with your INJURED ARM. Standing with your back to the theraband, you will punch out away from your body trying to get your elbow straight. Hold for a count of 2 and return to your starting position. Do 15 times, rest and repeat 3 times.



9. **Rotator Cuff Strengthening:** Using theraband, do internal and external rotation. Secure the theraband at waist level. Keep elbow at side. Pull away from your stomach first (external rotation), then pull in towards your stomach (internal rotation). Do 15 repetitions, repeat 3 times for each exercise.



10. **Perform Serratus Punches and Rows:** For Serratus Punch, lay on your back with your arm towards the ceiling. Keep your elbows straight. Using your shoulders, punch towards the ceiling. For Rows, squeeze your shoulder blades together and hold 2 seconds. Progress to using theraband. For each exercise do 15 repetitions, repeat 3 times

