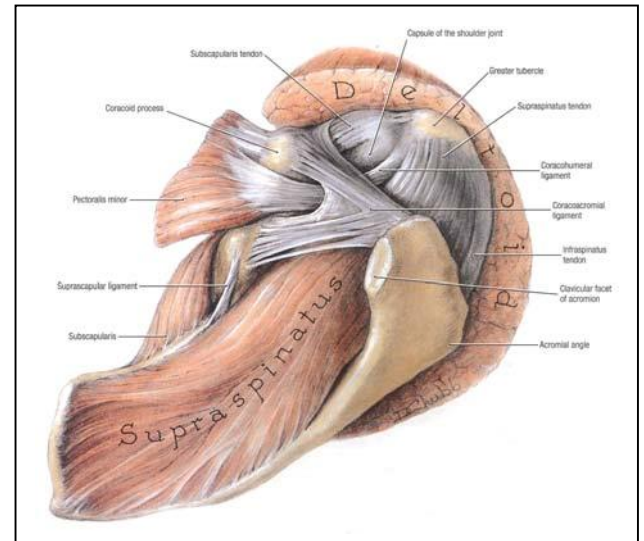


SHOULDER - TORN ROTATOR CUFF

ANATOMY AND FUNCTION

The shoulder joint is a ball and socket joint that connects the bone of the upper arm (humerus) with the shoulder blade (scapula). The capsule is a broad ligament that surrounds and stabilizes the joint. The shoulder joint is moved and also stabilized by the **rotator cuff**. The rotator cuff is comprised of four muscles and their tendons that attach from the scapula to the humerus. The rotator cuff tendons (supraspinatus, infraspinatus, teres minor and subscapularis) are just outside the shoulder joint and its capsule. The muscles of the rotator cuff help stabilize the shoulder and enable you to lift your arm, reach overhead, and take part in activities such as throwing, swimming and tennis.



ROTATOR CUFF INJURY AND TREATMENT OPTIONS

The rotator cuff can tear as an acute injury such as when lifting a heavy weight or falling on the shoulder or elbow. The shoulder is immediately weak and there is pain when trying to lift the arm. A torn rotator cuff due to an injury is usually best treated by immediate surgical repair. The rotator cuff can also wear out as a result of degenerative changes. This type of rotator cuff tear can usually be repaired but sometimes the tear may not need to be repaired and sometimes cannot be repaired.

However, if the tear is causing significant pain and disability, surgery may be the best treatment to relieve pain and improve shoulder function.

If a torn rotator cuff is not repaired, the shoulder often develops degenerative changes and arthritis many years later. This type of arthritis is very difficult to treat and the longstanding tear in the rotator cuff may be irreparable.

DIAGNOSIS OF TORN ROTATOR CUFF

Symptoms of shoulder pain that awaken you at night, and weakness raising the arm are suggestive of a torn rotator cuff. Examination of the shoulder usually reveals weakness. The diagnosis can be confirmed by magnetic resonance imaging (MRI) or an x-ray taken after dye has been injected into the shoulder (arthrogram). A more sensitive test such as arthrogram MRI or arthroscopy may be needed to diagnose a small tear or a partial tear of the rotator cuff.

ROTATOR CUFF REPAIR

Most rotator cuff tears can be repaired surgically by reattaching the torn tendon(s) to the humerus. It is not a big operation to repair a torn rotator cuff, but the rehabilitation time can be long depending on the size of the tear and the quality of the tendons/muscles.

The deltoid muscle is separated to expose the torn rotator cuff tendon(s). Sutures are attached to the torn tendons. Tiny holes are made in the humerus where the tendons were attached and the sutures are passed through the bone and tied, securing the rotator cuff tendons back to the humerus. Sometimes, suture anchors are used as well. The tendons heal back to the bone, reestablishing the normal tendon-to-bone connection. It takes several months for the tendon to heal back to the bone. During this time, forceful use of the shoulder such as weight lifting and raising the arm out to the side or overhead must be avoided.

After surgery, you will probably use a sling for 4 to 6 weeks. You can remove the sling 4 to 5 times a day for gentle pendulum motion exercises. Rarely, a large pillow that holds your arm out to the side of your body is needed for 6 weeks if the tear is very large or difficult to repair.

RESULTS OF SURGERY AND RISKS

The success of surgery to repair the rotator cuff depends upon the **size** of the tear and **how long ago** the tear occurred.. Usually, a small tear has a good chance for full recovery. If the tear is large, the extent of recovery cannot be accurately predicted until the repair and rehabilitation is completed. If the tear occurred a long time ago (several months or longer) it can be difficult or sometimes impossible to repair. Most patients achieve good pain relief following repair regardless of the size of the tear unless the tear is massive.

Shoulder pain is usually worse than before surgery the first 3 to 4 weeks or even several months after surgery, but then gradually the pain lessens. This is especially true while trying to sleep at night. It can take up to a full year to regain motion and function in the shoulder. Shoulder stiffness and loss of motion are potential problems after rotator cuff repair. Re-rupture of the repaired rotator cuff is possible if too much force is placed on the repaired tendon before it is fully healed. Nerve and muscle injury and infection are infrequent complications.

SHOULDER - ROTATOR CUFF REPAIR POSTOPERATIVE INSTRUCTIONS

Phase One: the first week after surgery

GOALS:

1. Control pain and swelling
2. Protect the rotator cuff repair
3. Protect wound healing
4. Begin early shoulder motion

ACTIVITIES:

Immediately After Surgery

1. After surgery you will be taken to the recovery room, where your family can meet you. You will have a **sling** on your operated arm. Rarely, an **abduction pillow** is needed to hold the arm up in the air away from the body.
2. You should get out of bed and move around as much as you can.
3. When lying in bed, elevate the head of your bed and put a small pillow under your arm to hold it away from your body.
4. Apply cold packs to the operated shoulder to reduce pain and swelling.
5. Move your fingers, hand and elbow to increase circulation.
6. The novocaine in your shoulder wears off in about 6 hours. Ask for pain medication as needed.
7. You will receive a prescription for pain medication for when you go home (it will make you constipated if you take it for a long time).

The Next Day After Surgery

1. The large dressing can be removed and a small bandage applied.
2. Remove the sling several times a day to gently move the arm in a pendulum motion: lean forward and passively swing the arm.
3. You can be discharged home from the hospital or surgery center as long as there is no problem.

At Home

1. You can remove the bandages but leave the small pieces of tape (steristrips) in place.
2. You may shower and get the incision wet. To wash under the operated arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise.
3. Apply cold to the shoulder for 20 minutes at a time as needed to reduce pain and swelling.
4. Remove the sling several times a day: move the elbow wrist and hand. Lean over and do pendulum exercises for 3 to 5 minutes every 1 to 2 hours.
5. **DO NOT** lift your arm at the shoulder using your muscles.
6. Because of the need for your comfort and the protection of the repaired tendon, a sling is usually necessary for 4 to 6 weeks, unless otherwise instructed by your surgeon.

Rehabilitation after Rotator Cuff Repair with Subscapularis Repair

Phase One: 0 to 6 weeks after surgery

Goals:

1. Protect the rotator cuff repair
2. Ensure wound healing
3. Prevent shoulder stiffness
4. Regain range of motion

Activities:

1. Sling

Use your sling most of the time. Remove the sling 4 or 5 times a day to do pendulum exercises.

2. Use of the affected arm

You may use your hand on the affected arm in front of your body but **DO NOT** raise your arm or elbow away from your body. It is all right for you to flex your arm at the elbow. Also:

- *No Lifting of Objects
- *No Excessive Shoulder Extension
- *No Excessive Stretching or Sudden Movements
- *No Supporting of Body Weight by Hands

3. Showering

You may shower or bath and wash the incision area. To wash under the affected arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise.

Exercise Program

ICE

Days per Week: 7 As necessary 15- 20 minutes
Times per Day: 4-5

STRETCHING / PASSIVE MOTION

Days per Week: 7 Times per day: 4-5

Program: Pendulum

exercises Supine

External Rotation

Supine passive arm elevation

Scapular retraction

Shoulder shrug

Ball squeeze exercise

Starting at **3rd week** after surgery:

Behind the back internal rotation

Rehabilitation after Rotator Cuff Repair with Subscapularis Repair

Phase two: 6 to 12 weeks after surgery

Goals:

1. Protect the rotator cuff repair
2. Improve range of motion of the shoulder
3. Begin gentle strengthening

Activities

1. Sling

Your sling is no longer necessary unless your doctor instructs you to continue using it.

2. Use of the operated arm

You should continue to avoid lifting your arm away from your body, since this is the action of the tendon that was repaired. You can lift your arm forward in front of your body but **not** to the side. You may raise your arm to the side, if you use the good arm to assist the operated arm.

3. Bathing and showering

Continue to follow the instructions from phase one and the instructions above.

Exercise Program

The exercises listed below may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

STRETCHING / ACTIVE MOTION

Days per week: 5-7 Times per day: 1-3

Stretching Pendulum

exercises Supine

External Rotation

Standing External Rotation

Supine passive arm elevation

Active-Assisted Arm Elevation

Behind the back internal rotation

Hands-behind-head stretch

Starting the 9th week after surgery

Supine Cross-Chest Stretch

Wall slide Stretch

Overhead pullies

Active Motion- progressive

Side-lying External Rotation

Prone Horizontal Arm Raises "T"

Prone row

Prone scaption "Y"

Prone extension

Active-assisted Arm Elevation

progressing to:

Standing Forward Flexion (scaption)

with scapulohumeral rhythm

Resisted forearm pronation

Resisted wrist flexion-extension

Sub-maximal isometric exercises:

internal and external rotation at neutral

with physical therapist

Rhythmic stabilization and

proprioceptive training drills with

physical therapist

Rehabilitation after Rotator Cuff Repair with Subscapularis Repair

Phase Three: 12-18 weeks after surgery

Goals:

1. Protect the rotator cuff repair
2. Regain full range of motion
3. Continue gentle strengthening

Activities:

Use of the operated arm

You may now safely use the arm for normal daily activities involved with dressing, bathing and self-care. You may raise the arm away from the body; however, you should not raise the arm when carrying objects greater than one pound. Any forceful pushing or pulling activities could disrupt the healing of your surgical repair.

Exercise Program

The exercises below form a list that may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist. Resistance for the dynamic strengthening exercises can gradually be added starting with 1 lb and should not exceed 3 lb at this time.

STRETCHING / ACTIVE MOTION / STRENGTHENING

Days per week: 3 Times per day: 1

Stretching Pendulum

exercises Supine
external Rotation
Standing external Rotation Supine
passive arm elevation Behind the
back internal rotation Hands-
behind-the-head stretch Supine
cross-chest stretch Sidelying
internal rotation stretch External
rotation at 90° abduction stretch
Wall slide Stretch

Dynamic Strengthening Side-

lying External Rotation Prone
Horizontal Arm Raises "T" Prone
scaption "Y"
Prone row
Prone extension
Scapulohumeral rhythm exercises
Standing forward flexion (scaption)
PNF manual resistance with physical
therapist
Proprioception drills

Theraband Strengthening

External Rotation
Internal Rotation
Standing Forward Punch
Shoulder Shrug
Dynamic hug
"W"s

Seated Row Biceps curl

Rehabilitation After Rotator Cuff Repair with Subscapularis Repair

Phase 4: 18 to 26 weeks after surgery

Goals:

1. Continue to protect the repair by avoiding excessive forceful use of the arm or lifting excessively heavy weights.
2. Restore full shoulder motion
3. Restore full shoulder strength
4. Gradually begin to return to normal activity

Activities:

1. Sports that involve throwing and the use of the arm in the overhead position are the most demanding on the rotator cuff. Your doctor and sports physical therapist will provide you with specific instructions on how and when to return to golf, tennis, and volleyball, swimming and throwing.
2. For people who wish to return to training with weights, you're your doctor will give you guidelines regarding the timing and advice when returning to a weight-training program.
3. The following timetable can be considered as a minimum for return to most activities:

Ski	6 months
Golf	6 months
Weight Training	6 months
Tennis	6 -8 months
Swimming	6-8 months
Throwing	6 months

Before returning safely to your activity, you must have full range of motion, full strength and no swelling or pain.

Your doctor or physical therapist will provide you with a specific interval-training program to follow when it is time to return the above activities.

STRETCHING / ACTIVE MOTION / STRENGTHENING

Days per week: 3 Times per day: 1

Stretching

Behind the back internal rotation
Standing External Rotation / Doorway
Wall slide Stretch
Hands-behind-head stretch
Supine Cross-Chest Stretch
Sidelying internal rotation (sleeper stretch)
External rotation at 90° Abduction stretch

Phase 4 continued

Theraband Strengthening

External Rotation
Internal Rotation
Standing Forward Punch
Shoulder Shrug
Dynamic hug
“W”’s
Optional for Overhead Sports:
External rotation at 90°
Internal rotation at 90°
Standing ‘T’s
Diagonal up
Diagonal down

Dynamic Strengthening

It is recommended that these exercises be limited to resistance not to exceed 5lb.

Side-lying External Rotation
Prone Horizontal Arm Raises “T”
Prone scaption “Y”
Prone row
Prone extension
Standing Forward Flexion
Standing forward flexion “full-can” exercise
Prone external rotation at 90° abduction “U’s
Push-up progression

Plyometric Exercises

Your doctor or physical therapist will provide you with a specific plyometric-training program to follow when appropriate.

Weight Training

See weight training precautions

Rehabilitation after Rotator Cuff Repair with Subscapularis Repair of the Shoulder

Post-op Phase	Sling	Range of Motion	Therapeutic Exercise		Precautions
Phase 1 0 to 6 weeks after surgery <u>Goals:</u> *Maintain integrity of the repairs *Do not overstress healing tissue *Gradually increase passive range of motion *Diminish pain and inflammation *Prevent muscular inhibition	Per MD instructions. Pendulum exercises several times a day	Passive ROM only *Flexion as tolerated <u>Weeks 0-2</u> *Flexion as tolerated *rotation with arm in scapular plane at 40° abduction: *ER to 15 ° *IR to 30° <u>Weeks 3-4</u> *Flexion as tolerated *Abduction to 80° *ER/IR with arm in scapular plane at 40° abduction: *ER: 30 ° *IR : 30 ° *Limit IR behind back to beltline	Pendulum exercise Supine FF as tolerated. ERN as tolerated. Scapular retraction IR behind back may start after 2 weeks. Passive ROM with physical therapist is OK Pendulum exercise	Ball squeezes ROM for elbow, forearm, hand	*No active elevation For first 6 weeks post-op *No Lifting of Objects *No Excessive Shoulder Extension *No Excessive Stretching or Sudden Movements *No Supporting of Body Weight by Hands *Avoid ER in abduction.

<p>Phase 2 6 to 12 weeks after surgery Goals: *Maintain integrity of the repairs *Do not overstress healing tissue *Gradually increase passive and active range of motion to full *Re-establish dynamic shoulder stability *Re-establish scapulohumeral rhythm</p>	<p>D/C</p>	<p>5th to 7th weeks after surgery</p> <p>*Flexion as tolerated</p> <p>*ER at 45° abduction: 50°</p> <p>*IR at 45° abduction: 60°</p> <p>*<u>At 6 weeks</u> begin light and gradual ER at 90° abduction Gentle mid-range ER in POS, gradually progress to coronal plane.</p> <p>Cautiously improve ERN.</p> <p><u>Week 7-9:</u></p> <p>*Gradually progress ROM:</p> <p>*Flexion to 180 °</p> <p>*ER at 90° abduction: 90°</p> <p>*IR at 90° abduction: progress to full</p>	<p>5th to 7th weeks after surgery ERN</p> <p>IR behind back</p> <p>Supine FF as tolerated.</p> <p>ER @ scapular plane</p> <p>Wall slide</p> <p>IR behind back</p> <p>Horizontal adduction 9th week</p> <p>Sidelying IR @ 90°</p> <p>Hands behind head starts 9th week postop</p> <p>Overhead pully</p>	<p>*Active-assisted arm elevation progressing to Active elevation with scapulohumeral rhythm.</p> <p>*Sub-max Isometric ER/IR</p> <p>*Rhythmic stabilization</p> <p>*Proprioceptive drills</p> <p>*<u>Dynamic exercises</u></p> <p>Sidelying ER</p> <p>Sidelying scaption</p> <p>Prone row</p> <p>Prone T</p> <p>Prone extension</p> <p>Prone scaption</p> <p><u>Week 8-10:</u></p> <p>Standing scaption</p>	<p>No resisted ex</p> <p>Avoid exercises in coronal plane ABDuction</p>
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Post-op Phase	Range of Motion	Therapeutic Exercise	Precautions	
Phase 3 12 to 18 weeks after surgery Goals: *Progressive rotator cuff strengthening and scapular stability *Progressive functional training	Attain and maintain full ROM	ER at 90° abduction stretch ER @ 0° Wall slide IR behind back Horizontal adduction Hands behind head Sidelying IR @ 90° abduction	* <u>Theraband exercises</u> : ER, IR, forward, punch, shrug, dynamic hug, 'W's, biceps curl, seated row * <u>Dynamic exercises</u> : Continue from phase 2; limit resistance to maximum 3 lb. *Proprioception drills *Scapulohumeral Rhythm exercises	Continue same as above. No weight training.

Post-op Phase	Stretching Exercises	Strengthening exercises	Return to Sports	Precautions
Phase 4 18- 26 weeks after surgery	Continue previous stretches	Continue dynamic exercises and theraband exercises from phase 3 Optional: Theraband: add 'T's, diagonal up and down Add Prone'U's	Per surgeon	Weight training per surgeon. See weight training precautions. Continue to avoid excessive force on the shoulder
Phase 5 26 weeks after surgery onward	Continue all previous stretches	Continue above Plyometric exercises: *Add rebounder throws with weighted ball, *Decelerations *wall dribbles at 90°, *wall dribble circles	Interval sports programs can begin per MD	Weight training precautions.

Shoulder Exercises for Rotator Cuff and Subscapularis Repair Rehabilitation Protocol

The exercises illustrated and described in this document should be performed only after instruction by your physical therapist or doctor.

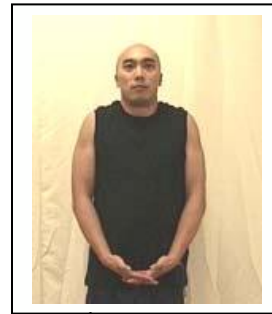
Pendulum exercise

Bend over at the waist and let the arm hang down. Using your body to initiate movement, swing the arm gently forward and backward and in a circular motion.



Shoulder shrug

Shrug shoulders upward as illustrated.



Shoulder blade pinches

Pinch shoulder blades backward and together, as illustrated.

Supine passive arm elevation

Lie on your back. Hold the affected arm at the wrist with the opposite hand. Using the strength of the opposite arm, lift the affected arm upward, as if to bring the arm overhead, slowly lower the arm back to the bed.



Supine external rotation

Lie on your back. Keep the elbow of the affected arm against your side with the elbow bent at 90 degrees. Using a cane or long stick in the opposite hand, push against the hand of the affected arm so that the affected arm rotates outward. Hold 10 seconds, relax and repeat.

Behind-the-back internal rotation

Sitting in a chair or standing, place the hand of the



operated arm behind your back at the waistline. Use your opposite hand, as illustrated, to help the other hand higher toward the shoulder blade. Hold 10 seconds, relax and repeat.

Hand-behind-the-head stretch

Lie on your back. Clasp your hands and place your hands behind your head with the elbows facing forward. Slowly lower the elbows to the side to stretch the shoulder outward. Hold for 10 seconds, and then return to the starting position.



Standing external rotation

Stand in a doorway facing the doorframe or near the edge of a wall. With your hand against the wall or doorframe, keep the affected arm firmly against your side, and the elbow at a right (90 degree) angle. By moving your feet, rotate your body away from the door or wall to produce outward rotation at the shoulder.



Supine cross-chest stretch

Lying on your back, hold the elbow of the operated arm with the opposite hand. Gently stretch the elbow toward the opposite shoulder. Hold for 10 seconds.

Sidelying internal rotation stretch

Lie on your side with the arm positioned so that the arm is at a right angle to the body and the elbow bent at a 90° angle. Keeping the elbow at a right angle, rotate the arm forward as if to touch the thumb to the table. Apply a gentle stretch with the opposite arm. Hold 10 to 15 seconds.

External rotation at 90° abduction stretch

Lie on your back. Support the upper arm, if needed, with towels or a small pillow. Keep arm at 90 degrees to the body and the elbow bent at 90 degrees. Using a stick and the opposite arm, stretch as if to bring the thumb to the corner of the table adjacent to your ear. Hold for



10 seconds, and then return to the starting position

Wall slide stretch

Stand facing a wall; place the hands of both arms on the wall. Slide the hands and arms upward. As you are able to stretch the hand and arm higher, you should move your body closer to the wall. Hold 10 seconds, lower the arm by pressing the hand into the wall and letting it slide slowly down.



Seated/Standing Forward Elevation (Overhead Elbow Lift)

During this phase, you can stand or sit in a chair. If it is easier, begin lying on your back until you achieve maximal motion, then use the standing or seated position. Assume an upright position with erect posture, looking straight ahead. Place your hands on either thigh with the operated thumb facing up and your elbow straight. In the beginning, this stretch is not performed solely with the operated arm, but uses the uninjured hand for assistance going up and coming down. As you become stronger, you can raise and lower your arm without assistance. The operated arm should be lifted as high as possible, or to your end-point of pain. Try to raise the arm by hinging at the shoulder as opposed to raising the arm with the shoulder blade.

Standing forward flexion

Stand facing a mirror with the hands rotated so that the thumbs face forward. Raise the arm upward keeping the elbow straight. Try to raise the arm by hinging at the shoulder as opposed to raising the arm with the shoulder blade. Do 10 repetitions to 90 degrees. If you can do this without hiking the shoulder blade, do 10 repetitions fully overhead.

Isometric internal and external rotation

Stand facing a doorjamb or the corner of a wall. Keep the elbow tight against your side and hold the forearm at a right angle to the arm. For internal rotation, place the palm against the wall with the thumb facing up. For external rotation, place the back of the hand against the wall with the thumb facing up.

Pull or push against the wall and hold for 5 seconds



Ball squeeze exercises

Holding a rubber ball or tennis ball, squeeze the ball and hold for 5 seconds

Prone rowing

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down.

Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set', raise the arm up toward the ceiling while bending at the elbow. The elbow should be drawn along the side of the body until the hands touch the lower ribs. Always return slowly to the start position.

Prone horizontal abduction ('T's)

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Rotate your hand so that the thumb faces forward. While keeping the shoulder blade 'set' and keeping the elbows straight, slowly raise your arm away from your body to shoulder height, through a pain-free range of motion (so that your hand now has the thumb facing forward, and aligned with your cheek). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



Prone horizontal abduction with external rotation

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Rotate your hand so that the thumb faces outward. While keeping the shoulder blade 'set' and keeping the elbows straight, slowly raise your arm away from your body to shoulder height, through a pain-free range of motion (so that your hand now has the thumb facing forward, and aligned with your cheek). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.

Prone scaption ('Y's)

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down.

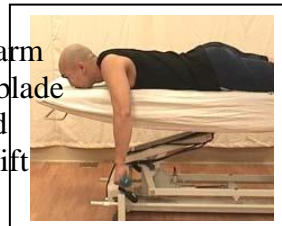
Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Keep the shoulder blade 'set' and keep the elbows straight. Slowly raise the arm away from your body and slightly forward through a pain-free range of motion (so that your hand now has the thumb facing up, and is aligned with your forehead). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



Prone extension

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down.

Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set' and keeping the elbow straight, raise the arm backward toward your hip with the thumb pointing outward. Do not lift your hand past the level of your hip.



Prone external rotation at 90° Abduction

Lie face down on a table with your arm hanging over the side of the table. Raise the arm to shoulder height at a 90° angle to the body. While holding the arm in this position, rotate the hand upward, until the hand is even with the elbow. Hold one second and slowly let the hand rotate to the starting position and repeat.



Sidelying external rotation

Lying on the non-operated side, bend your elbow to a 90-degree angle and keep the operated arm firmly against your side with your hand resting on your abdomen. By rotation at the shoulder, raise your hand upward, toward the ceiling through a comfortable range of motion. Hold this position for 1 to 2 seconds, and then slowly lower the hand.

Standing forward flexion ('full-can') exercise

Stand facing a mirror with the hands rotated so that the thumbs face forward. While keeping the shoulder blade 'set' and keeping the elbows straight, raise the arms forward and upward to shoulder level with a slight outward angle (30°). Pause for one second and slowly lower and repeat.



Lateral Raises

Stand with the arm at your side with the elbow straight and the hands rotated so that the thumbs face forward. Raise the arm straight out to the side, palm down, until the hands reach shoulder level. Do not raise the hands higher than the shoulder. Pause and slowly lower the arm.

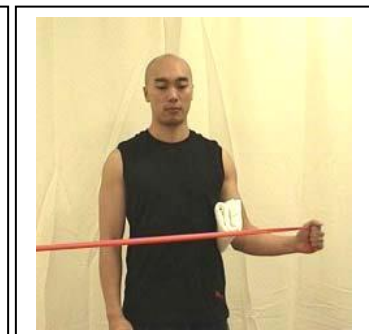


Theraband Strengthening

These resistance exercises should be done very slowly in both directions. We want to strengthen you throughout the full range of motion and it is very important that these exercises be done very slowly, not only when you complete the exercise (concentric), but also as you come back to the start position (eccentric). The slower the motion, the more maximal the contraction throughout a full range of motion.

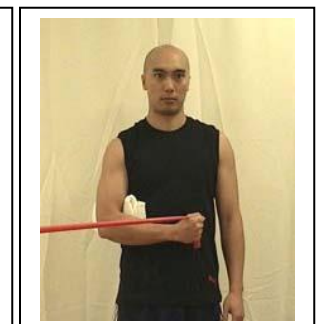
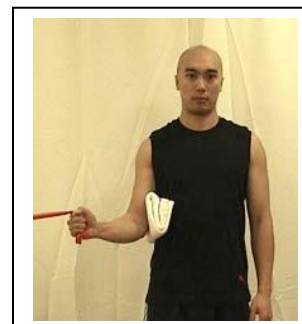
External Rotation

Attach the theraband at waist level in a doorjamb or other. While standing sideways to the door and looking straight ahead, grasp one end of the band and pull the band all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed next to the side with the hand as close to your chest as possible (think of this elbow as being a hinge on a gate). Taking the cord in the hand, move the hand away from the body as far as it feels comfortable. Return to the start position.



Internal Rotation

Attach the Theraband at waist level in a doorjamb or other. While standing sideways to the door and looking straight ahead, grasp one end of the handle and pull the cord all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed



next to the side and is flexed at 90 degrees (think of this elbow as being a hinge on a gate). Taking the cord in the hand, move the hand toward the chest as far as it feels comfortable. Return to the start position.

Shoulder Shrug

Stand on the theraband with your feet at should width apart and look straight ahead. Next, straighten up, keeping the knees slightly flexed, with your arms straight down at the sides (palms in). Slowly raise the shoulders in a shrug (toward the ears), then rotate the shoulders backward in a circular motion, and finally down to the original position. This movement is completed while keeping constant tension on the cord.

Seated / Standing Row

Attach the theraband in a doorjamb or other. Sit or stand facing the door. Use a wide flat-footed stance and keep your back straight. Begin with the arms slightly flexed, hands together at waist level in front of your body, thumbs pointing upward, and with the cord taut. You are producing a rowing motion. Pull the cord all the way toward the chest. While pulling the cord, the elbows should be drawn along the side of the body until the hands touch the lower ribs. Always return slowly to the start position.

Standing Forward Punch

Attach the theraband at waist level in the doorjamb. Facing away from the door, stand in a boxing position with one leg ahead of the other (stride position). Do not bend at the waist and remain in an upright position. If the right shoulder is the injured extremity, you will want to grasp the handle in the right hand and step out until the cord is taut. If you use the right hand, the left foot should be forward in the stride position. Begin with your right arm at waist level and bend the elbow at a 90 degree angle, with the elbow remaining near your side. Slowly punch forward while slightly raising the right arm in a forward, upward punching motion. The hand should reach approximately neck level with the right arm almost straight.



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Biceps Curls

Place your feet on the cord, shoulder width apart, knees slightly bent. Keeping your elbows close to the sides of your body, slowly bend the arm at the elbow and curl towards the shoulder.



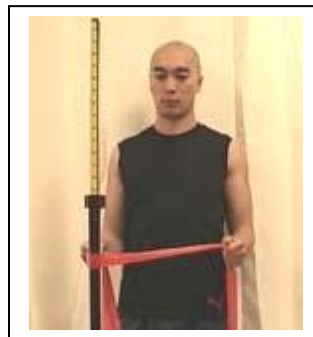
Dynamic Hug

With the tubing attach behind you at shoulder height, grip both ends of the tubing in your hands with the tubing on the outside of your shoulders. Pull the band forward and slightly downward in a ‘hugging’ motion, or as if you were wrapping both arm around a small tree. Pause and return slowly to the starting position.



‘W’s

With the tubing attached in front of you, stand with the tubing in both hands with the elbows bent at 90° and fixed at your side. Pull the band outward, keeping the elbow at your side. The arms rotate outward making the shape of a ‘W’.



Standing ‘T’s.

Stand with the theraband attached in front of you. Stand with the arm flexed forward at shoulder height with the elbow straight. While keeping the elbow straight, pull the arm toward the rear until the arm is by your side.

Theraband external rotation at 90°.

Stand with the theraband attached in front of you.

Keeping the arm elevated to 90 degrees and the elbow at a 90-degree angle, rotate the hand and arm slowly backward and then return slowly to the start position.

Theraband internal rotation at 90°.

Stand with the theraband attached behind you. Keeping the arm elevated to 90 degrees and the elbow at a 90-degree angle, rotate the hand and arm slowly forward and then return slowly to the start position.

Theraband diagonal-up

Stand with the theraband attached on your left side for your right hand. Start with your right hand on the left hip with the thumb facing the hip. Start by pulling the band so that your hand travels up and behind your head.



Theraband diagonal-down

Stand with the theraband attached behind you at shoulder level. Start with your arm in throwing position. Pull the band down and across your body so that your thumb faces the opposite hip.

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