

## Non Operative Rotator Cuff Tear

A torn rotator cuff muscle may limit your ability to raise your arm more than 90 degrees. Other shoulder muscles can be strengthened and re-educated to compensate for the torn rotator cuff.

Complete of the following exercises 3 to 5 times per day. 5 minutes each session or until fatigued.

These exercises must be done for at least 12 weeks and must be performed in the progressive order listed

### Exercises:

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#### 1. Pendulum

Lean forward using chair for support and allow your injured arm to dangle freely. Perform gentle circular movement for about 5 minutes or until tired This will help with pain relief and relax your shoulder muscles.



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#### 2. Progressive Shoulder Flexion

This exercise has several progressive levels. Do not progress to the next level until you can confidently control your shoulder movement at the current level or if movement is too painful.

##### Level 1

Lie flat on your back with a pillow supporting your head. Raise your weak arm to 90 degrees toward the ceiling (use your opposite arm to assist if necessary). Try to hold your arm in this position on it's own strength. Use opposite arm if needed for support and/or for lowering arm. Move to level 2 as level 1 becomes easy.



##### Level 2

Raise your weak arm towards the ceiling. Slowly move arm forward and backward keeping the elbow straight. You may assist with the other arm until you can improve your ability to control your arm without assistance. Gradually increase the range of motion until you can move arm from the side of your body. Move to level 3 as level 2 Becomes easier.



### Level 3

Hold a light weight (1 pound) in your hand on the affected arm (e.g. a can of soup or water bottle) The addition of weight may require you to decrease range of movement temporarily until your strength improves. Increase range of movement as able while maintaining control. **You may use your opposite hand for assistance if needed.**

Progress to level 4 when level 3 becomes easy



### Level 4

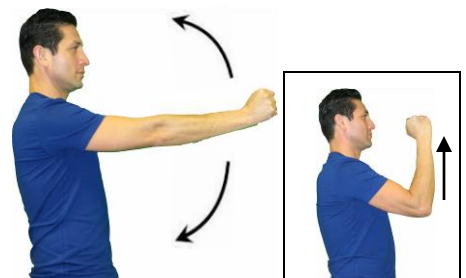
Lie in a reclined position. Start with your arm raised to shoulder level (90 degrees). Progress from small range of movement to full range of movement and finally the addition of weight. **You may use your opposite hand for assistance if needed.**

Progress to level 5 when level 4 becomes easy



### Level 5

Stand with feet about hip width apart. Start with your arm raised to shoulder level (90 degrees). Progress from small range of movement to full range of movement and finally the addition of weight. **If you are unable to lift arm independently, you may use a wall for assistance or raise arm with elbow bent.**



### **3. Deltoid re-education**

Make a fist with your hand of the injured side. Place your opposite hand on top of your fist. Use top hand to provide resistance and push fist up into your hand as you raise your arm over head. Complete 10 repetitions or until fatigued.

