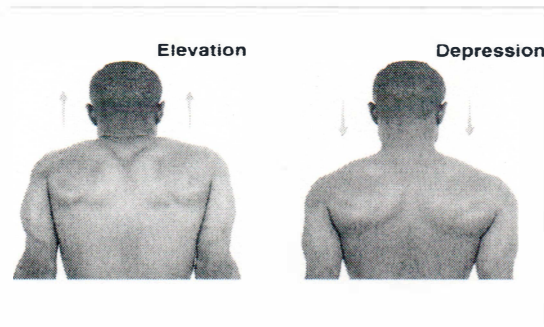


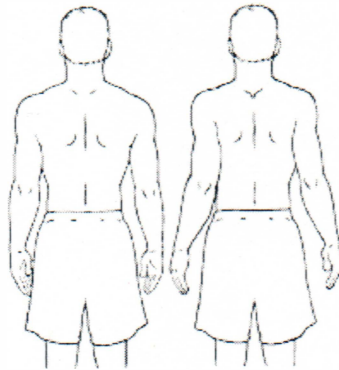
Dr Muha 0-6 week post op Rotator Cuff Repair Exercise Program

*Complete 10 repetitions of each exercise. Repeat 3x/day.

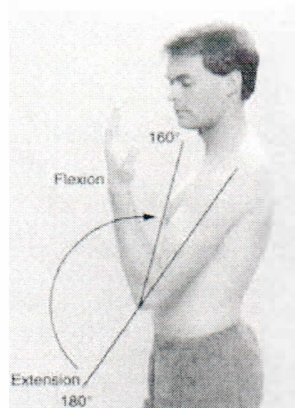
1. Shoulder Shrugs -- shrug your shoulder blades up, then relax them down.



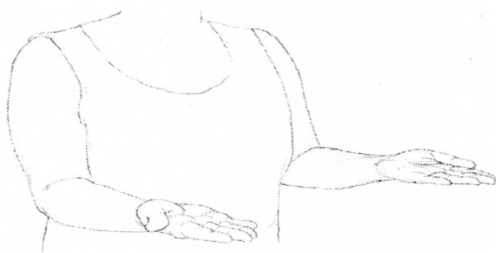
2. Scapular Retraction -- gently pinch your shoulder blades together. Focus on pinching "in" and "down."



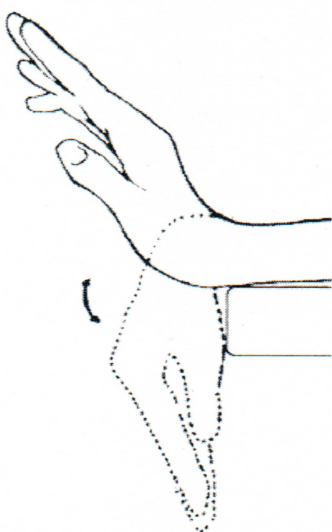
3. Elbow Flexion -- actively bend and straighten elbow with elbow at your side. Use other hand to assist if necessary.



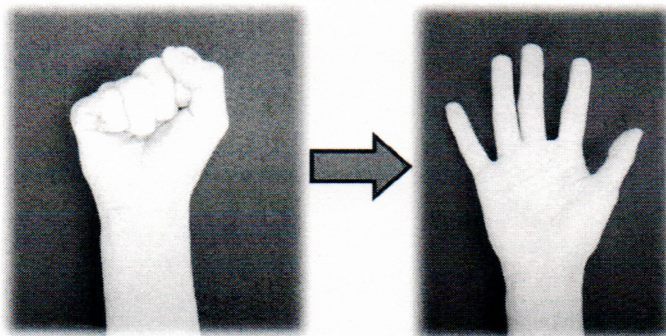
4. Forearm Supination/Pronation -- with elbow bent at your side, turn hand palm up then palm down.



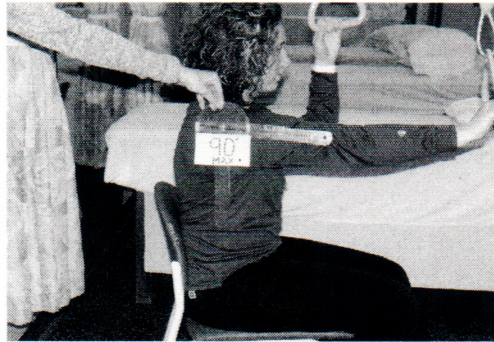
5. Wrist Flexion/Extension -- actively flex and extend your wrist with your arm relaxed at your side.



6. Fisting -- With your arm relaxed at your side, actively bend and straighten your fingers. Do these exercises regularly to help lessen swelling and stiffness in your hand.



7. Pulley Flexion -- Using your home pulley system, use your non-surgical arm to pull up your surgical arm to a maximum of 90 degrees. Slowly lower arm back to your side.



8. ER Dowel -- Complete this exercise lying down with a towel under your elbow. Hold dowel stick in each hand, surgical hand palm up. With elbows bent 90 degrees, gently push surgical arm out to the side to a maximum of 20 degrees.



9. Table Slides -- Sit with your surgical side towards the table. With your surgical arm supported on the tabletop, use your non-surgical arm to slide arm forward to a maximum of 90 degrees. Be sure to keep your surgical arm completely relaxed.

