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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Post Op Rotator Cuff Home Exercises

EARLY POST-OP EXERCISES



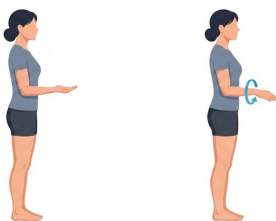
Elbow Flexion/Extension (Active + Passive) Repeat 10 times

Support the operated arm in the other hand. Slowly bend and straighten the elbow, allowing the operated arm to relax.



Hand Gripping Repeat 10 times

Squeeze a piece of foam, towel or soft ball in the involved hand. Hold 2-3 seconds. Relax.



Forearm Rotation Repeat 10 times

Turn your palm up and down as far as feels comfortable in each direction.



Wrist Flexion/Extension Repeat 10 times

Bend your wrist up and down as far as feels comfortable to feel a light stretch.



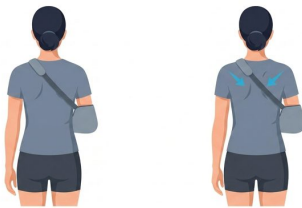
Neck Rotation **Repeat 10 times to each side**

Turn your head as far as feels comfortable to the right, then to the left.



Neck Tilt **Repeat 10 times to each side**

Keep your eyes facing forward, and tilt your head to bring your ear down toward your shoulder as far as feels comfortable. Tilt to the other side as far as feels comfortable.



Shoulder Blade Squeeze (in sling) **Repeat 10 times**

While in your sling, squeeze your shoulder blades back and down. Do not shrug your shoulder. Relax.



Thoracic Extension **Repeat 10 times**

Sit in a chair with a towel or pillow rolled up across your mid-back. Gently lean back against the towel to feel a stretch in your back. Return.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.