

Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR ROTATOR CUFF TEAR

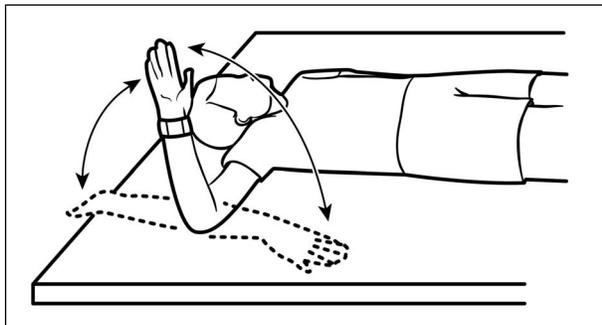
Perform the exercises in the order listed. Apply a bag of crushed ice or frozen peas to the shoulder for 20 minutes after performing both exercises to prevent any further inflammation or pain. You should not experience pain with any of the exercises. If pain or stiffness occurs that prevents you from performing any of the exercises correctly, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Trapezius strengthening	Middle and posterior deltoid Supraspinatus Middle trapezius	20 repetitions/3 to 4 sets, decreasing to 8 to 10 repetitions/3 to 4 sets as weight is added, then progressing to 15 repetitions/3 sets	3 to 5	3 to 4
Internal and external rotation at 90° or 45° elevation	<i>Internal rotation:</i> Anterior deltoid Pectoralis Subscapularis Latissimus <i>External rotation:</i> Posterior deltoid Infraspinatus Teres minor	20 repetitions/3 to 4 sets, decreasing to 8 to 10 repetitions/3 to 4 sets as weight is added, then progressing to 15 repetitions/3 sets	3 to 5	3 to 4



TRAPEZIUS STRENGTHENING

Stand next to a bench or chair with your knee and hand (on the unaffected side) resting on the bench. The other hand should be at your side, palm facing the body. As you lift the arm slowly, rotate the hand to the thumb-up position, stopping when the arm is parallel to the floor. Slowly lower the arm to the original position to a count of 5. Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. Decrease the repetitions to 8 to 10 and add no more than 2 to 3 pounds of weight so that the last few repetitions are difficult but pain free. Progress to 3 sets of 15 repetitions at each weight increment. Perform the exercise 3 to 5 times a week, continuing for 3 to 4 weeks.



INTERNAL AND EXTERNAL ROTATION

Lie on your back on the floor or a bed. Extend your arm straight out from the shoulder and bend the elbow 90°. Keeping your elbow bent, slowly move your arm in the arc shown in the illustration. Change the angle of the arm to 45° if you experience pain at 90°. Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. Decrease the repetitions to 8 to 10 and add no more than 2 to 3 pounds of weight so that the last few repetitions are difficult but pain free. Progress to 3 sets of 15 repetitions at each weight increment up to a maximum of approximately 5 to 7 pounds. Perform the exercises 3 to 5 times a week, continuing for 3 to 4 weeks.