

Burke and Bradley Orthopedics

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Shoulder Exercises after Rotator Cuff Surgery

1. The Pendulum

- Bend forward at the waist and let the affected arm hang freely toward the ground. Support the upper body on a table, countertop or chair back with the other arm. Begin to sway back and forth, generating small circles with the dangling arm.
- Begin with sets of 10 repetitions in both clockwise and counterclockwise directions 4 times a day.



2. Straight Arm Raises

- Lie down on a flat surface with your surgical arm at your side. With your unaffected arm, grasp the wrist of your affected arm. Use your good arm to gently lift the surgical arm. Keep your arm straight and let the good arm do all of the lifting. Do sets of 10 repetitions 4 times a day.

3. Assisted Outward Rotation

- Have your arm at your side with your elbow bent creating an “L” shaped position with your arm. Have someone firmly hold the elbow stationary on your surgical arm and then holding your hand or wrist, gently rotate your lower arm in the outward direction away from your body. You **can not** do this exercise by yourself. Do sets of 10 repetitions 4 times a day.

