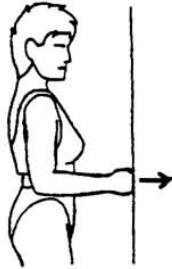


Shoulder Surgery Post-Operative Physiotherapy Instructions – Sheet 4

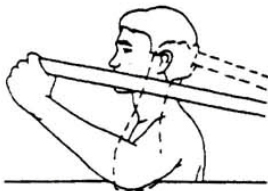
Advanced rotator cuff strengthening exercises



Stand facing a wall. Keep your upper arm close to the side with elbow at a right angle.

Push your fist against the wall. Hold for 5 seconds.

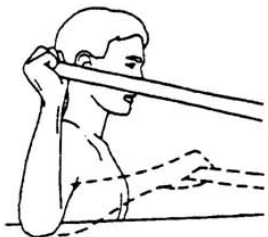
Repeat 10 times.



Sit on a chair with your arm lifted to the side and your elbow at a right angle supported on a table. Hold onto a rubber exercise band which is fastened behind you.

Pull the band keeping elbow bent and resting on the table.

Repeat 20 times.



Sit on a chair with your arm lifted out to the side and elbow at a right angle supported on a table. Hold onto a rubber exercise band which is in front of you.

Pull the band, keeping your elbow bent and resting on the table.

Repeat 20 times.

You may not have started all of these exercises by the time you leave hospital. Remember the essential goal of rehabilitation should be normal range of movement, strength and comfort.