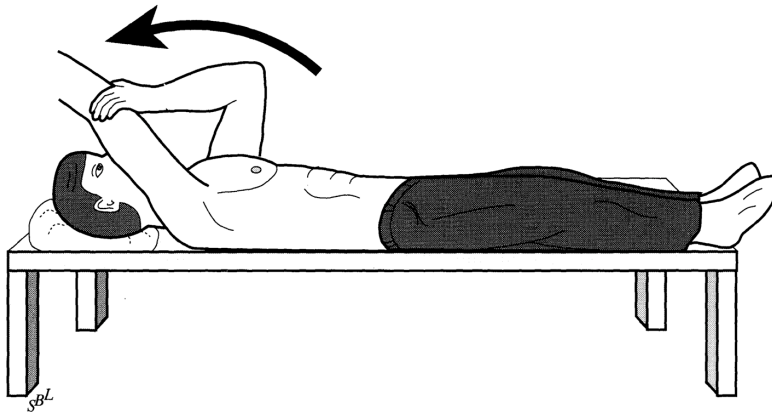


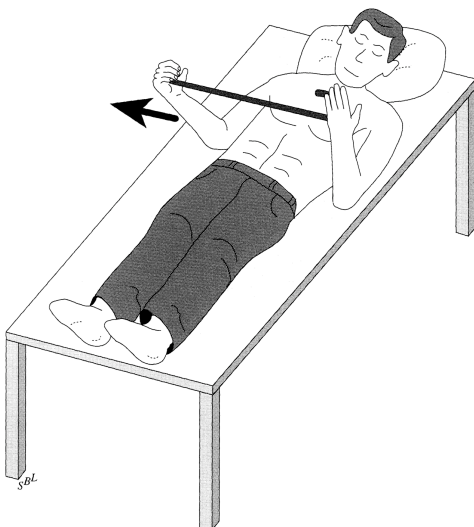
## ROTATOR CUFF REPAIR: 140/40 PASSIVE ONLY PROGRAM

**PHASE 1 (0 WKS TO 6 WKS):** Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each day. No strengthening or lifting allowed. Smoking and anti-inflammatory medication prohibited first 3 months

**GOAL: 140 PASSIVE degrees forward elevation and 40 PASSIVE degrees external rotation at the side**



Use the opposite arm to power your operated arm. You do not want the muscles of your operated arm to be working, keep them totally relaxed. Work to elevate your arm to 140 degrees.



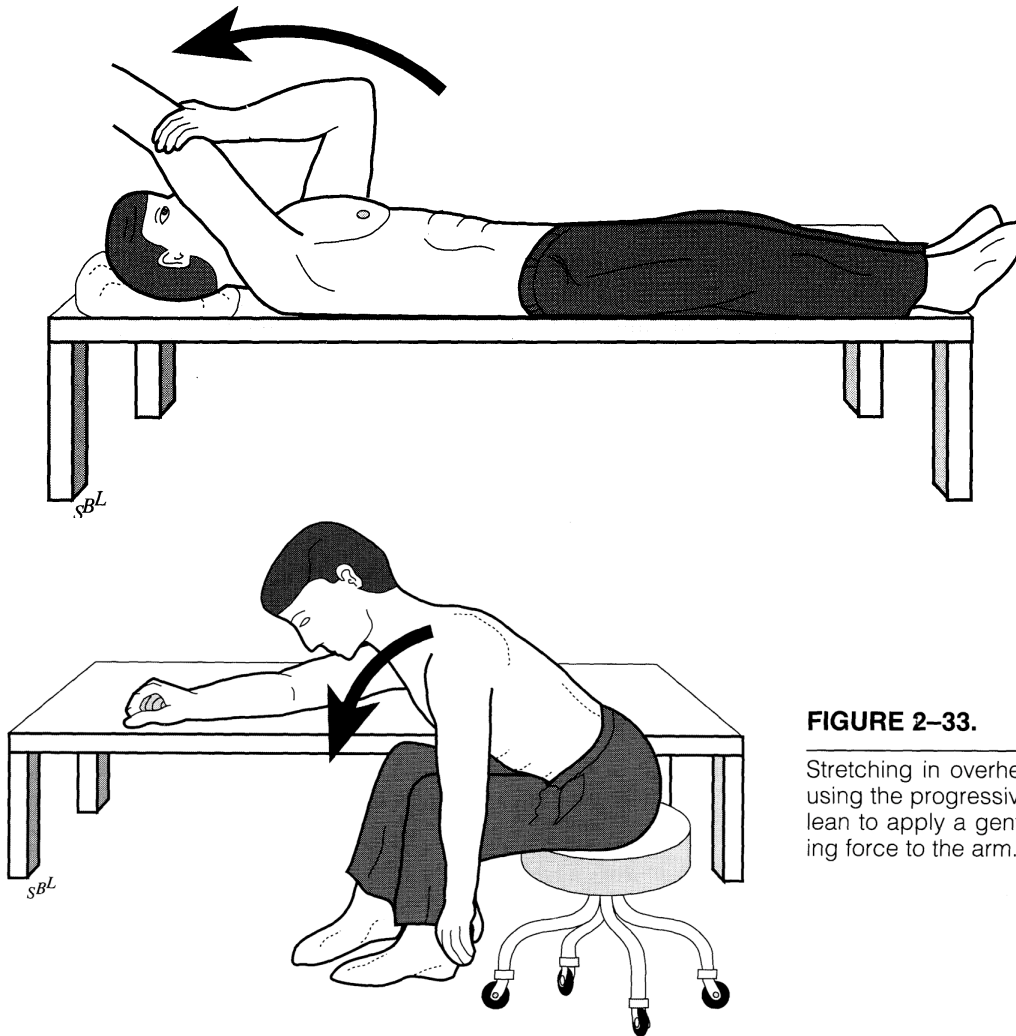
Using the opposite arm to power your operated arm. You do not want the muscles of your operated arm to be working, keep them totally relaxed. Work to externally rotate your arm to 40 degrees.

## ROTATOR CUFF REPAIR: 140/40 PASSIVE ONLY PROGRAM

**PHASE 2 (6 WKS TO 12 WKS):** Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each day. No strengthening or lifting allowed. Forceful activities limited until 6 months.

**GOAL: Full ACTIVE motion of the shoulder.**

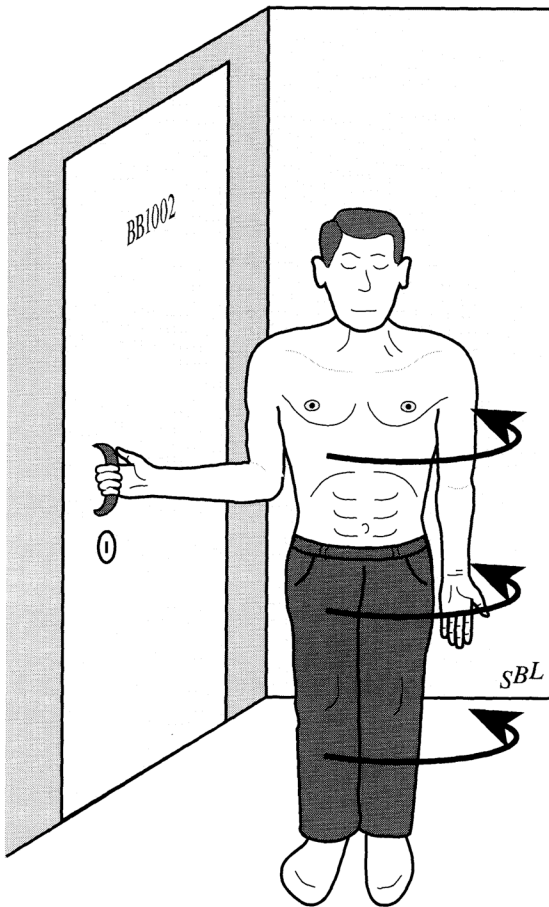
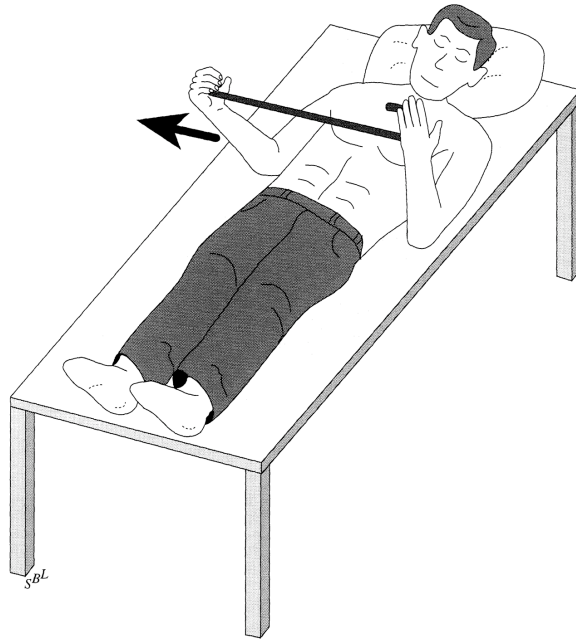
**After 3 months (12 weeks) activities of the shoulder can be resumed progressively.**



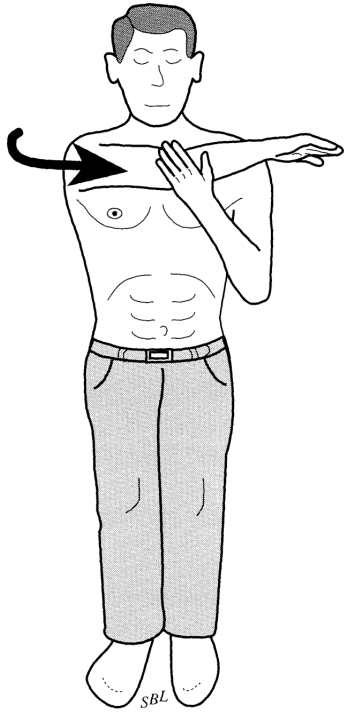
**FIGURE 2-33.**

Stretching in overhead reach using the progressive forward lean to apply a gentle elevating force to the arm.

**FIGURE 2-34.**  
Stretching in external rotation  
using the opposite hand as  
the "therapist."

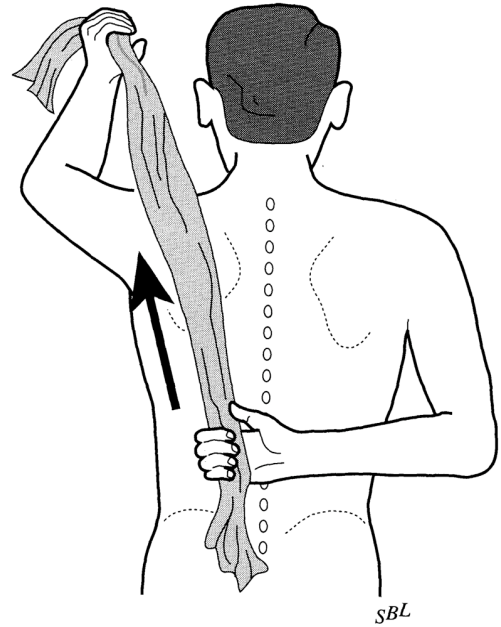


**FIGURE 2-35.**  
Stretching in external rotation  
by turning the body  
away from a fixed object  
to apply a gentle stretching  
force.



**FIGURE 2-37.**

Stretching in cross-body reach using the opposite arm as the "therapist."



**FIGURE 2-36.**

Stretching in internal rotation using a towel to apply a gentle stretching force.