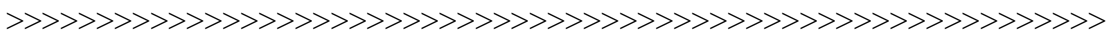


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Rotator Cuff Partial/Full Tear

The rotator cuff comprises of 4 small muscles/tendons around your shoulder/shoulder blade. It may be that a tear can develop over time/repetitive tasks due to degenerative changes to your tissues, or caused by trauma.

If you have fully torn the tendons there will be significant weakness and your assessing physiotherapist will discuss your options around best course of treatment for this.

If there is a partial tear to the tendons, it may be with some relative rest and the right graded exercises that this does heal and your symptoms improve/settle. We always recommend if there is a partial tear to reduce your repetitive tasks and heavy lifting in the short term to allow those tissues to heal and carry out a phased loading programme set by your physiotherapist.

Pacing Physical Activity:



It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your shoulder some relative rest in the short term.

Pain management methods:

Speak to your GP/pharmacist about some pain medication if needed
Heat/Cold packs 10-15 minutes daily and/or after exercise

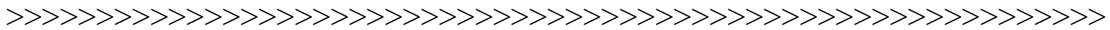
Exercises:

If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.

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Anterior Deltoid Programme

Basic Level:

It may be the weakness and pain around your upper arm/shoulder means for the initial part of your rehabilitation that some supported exercises are best.

Lying onto your back

Use your unaffected arm to help lift and support your painful arm to 90 degrees (shoulder level)

If able carry out some small circles x5

Slowly lower down, again use the support of your unaffected arm if this helps ease the pain.

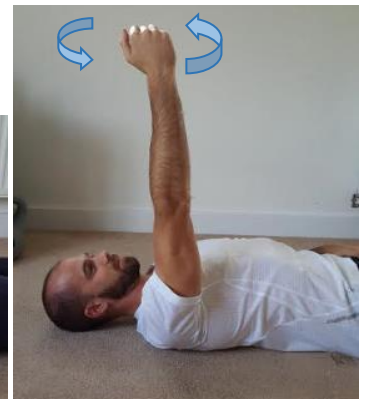


Table Slides:

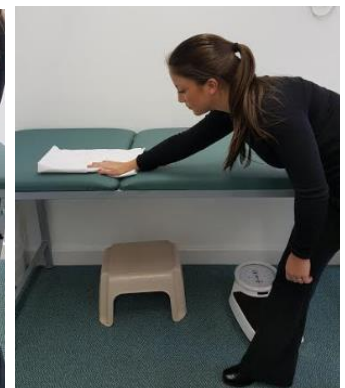
Stand side on to a worktop/table



Slide your affected arm on the worktop forwards as far as you feel comfortable

Slowly pull back

Repeat 10x, little and often

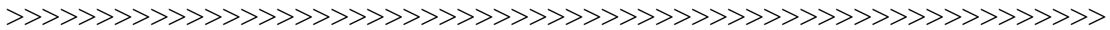
**you may wish to use a tissue or plastic bag to help your hand slide along the worktop smoothly



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Progressions for Anterior Deltoid Programme – as the pain settles and the movement becomes easier we recommend the following progressions to improve the movement and strength around your shoulder.

Wall Slides, progression from table slides exercise:

Arms supported on wall

Slide your arm up the wall to as far as you feel comfortable

If sliding your hand is too painful you can walk your fingers up the wall to help move your arm up.

Repeat 10-20x as your symptoms allow



Progression from lying down:

Into sitting, if needed support your affected arm up to 90 degrees (shoulder level)

Hold for 10 seconds OR carry out 5x small circles again

Slowly lower down

