

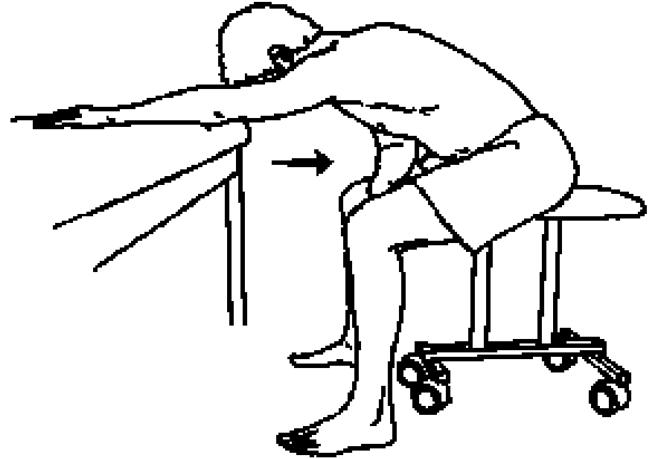
## Home Exercise Program after Rotator Cuff Repair for a Small Tear

Most patients using a home exercise program should perform their exercises 3-4 times per day.

---

### Passive Forward Flexion Exercise – “Sink Stretch”

While standing straight up, hook the hand of your operative arm on a sink that is roughly at waist level. Then, using the weight of your body and keeping the hand hooked on the sink edge, slowly back away from the sink so that there is more and more space between the arm and the body. Perform this process while facing the sink. As you continue backing away, slowly lean forward so that the hand remains hooked around the sink. During this process, the arm should be completely relaxed like a wet noodle. Do not use the muscles of the arm, use the muscles of the rest of the body to move the arm passively. Repeat this process, creating more and more space between the body and the arm until the arm is parallel with the body and next to the head.



---

### Active External Rotation Exercises

Start with the operated upon arm at the side and the hand on your belly. While keeping the elbow at your side and the elbow bent to 90 degrees, rotate the forearm and hand outwards away from your body. Do not use the other arm to help, instead use your muscles to keep rotating out. Keep going until you feel a stretch at the front of the shoulder, hold for a few moments, and then return the hand to the belly. Repeat, rotating the arm slightly farther outwards each time.

---

