



## Quick Recap

The rotator cuff is four tendons that move and stabilize the shoulder. Recovery centers on calming pain, restoring pain-free motion, and progressive strengthening of the cuff and shoulder-blade muscles.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

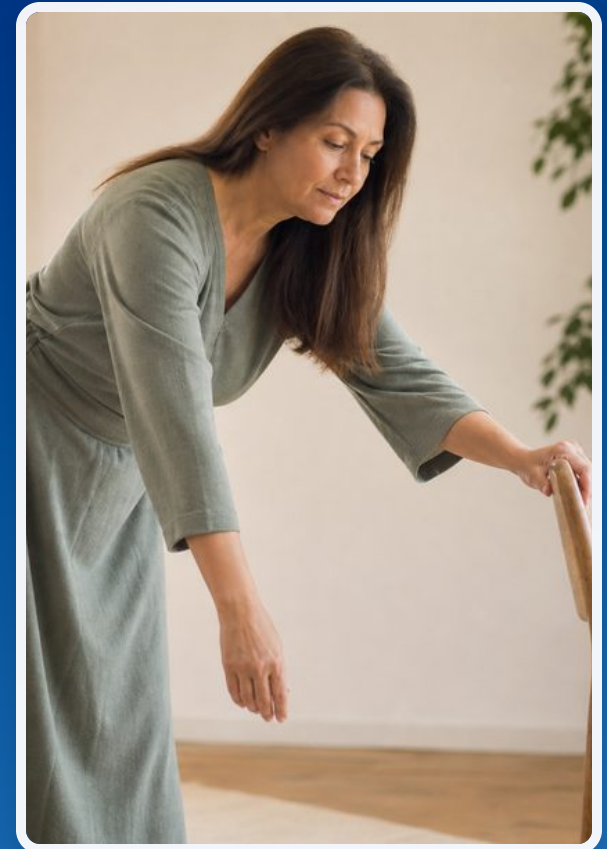
- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

# Rotator Cuff Injury Recovery

Shoulder Tendon Rehab Continuum



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



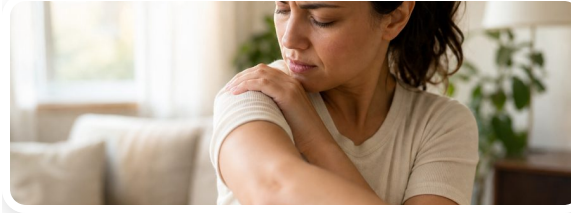
### ● Tips at Home

Practical day-to-day tips to ease shoulder pain and rebuild safe motion at home.

Build a calm daily routine — gentle motion, short rests, and ice at steady times. Note any changes and share them with your healthcare providers.

- Ice 10-15 minutes after exercise; avoid overhead reaching early on.
- Pendulum swings: lean forward and let the arm circle gently.
- Passive range: forward, back, side-to-side, slow and pain-free.
- Isometrics: press-into-towel holds, 5 seconds, 10 reps, twice daily.
- Sleep on the unaffected side with a pillow supporting the arm.
- Home nursing for assessments, wound care, medications, and doctor coordination.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track shoulder pain, weakness, night pain, and difficulty reaching behind the back or overhead.
- Note clicking, catching, or sudden loss of strength after a fall or lifting episode.

### Good to know

- Partial-thickness tears often heal with therapy; full-thickness or large tears may need surgical repair.
- Sleep position matters — avoid lying on the painful shoulder and support the arm on a pillow.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Posture: keep ears over shoulders and shoulders back; rounded posture pinches the rotator cuff.
- Lift smart: keep loads close to the body, below shoulder height when possible, and use both arms.
- Warm up the cuff before sport with band external rotations and scapular squeezes.