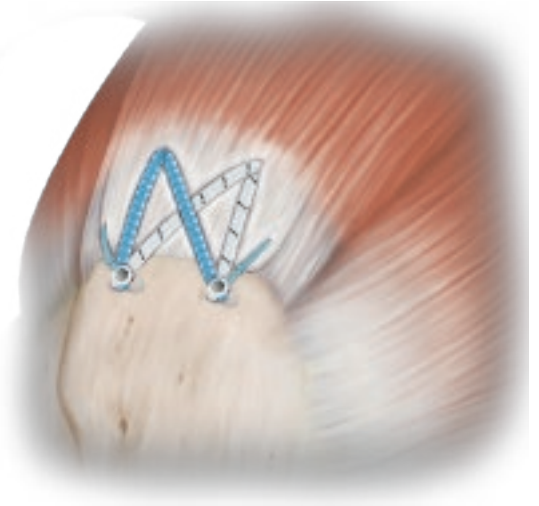


Rotator Cuff Repair – Rehabilitation Outline

Your rotator cuff tendons have been repaired back to the bone using a number of suture anchors. These are highly specialised 'screws' that are placed in the bone and have strong sutures built into them that are used to tie down your rotator cuff tendons.

Whilst this repair is quite strong, the aim of the operation is to allow your rotator cuff to heal back onto bone and this healing takes time. Tendons generally take about 3 months to heal so your activities will be restricted to some degree during this period. Beyond this time frame, regaining the necessary strength and condition in your shoulder musculature will be required to achieve the maximum result of surgery - this often takes up to 9 months to realise.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repairs	Sling for first 4-6 weeks Analgesia Physio education Elbow/wrist/hand exercises
	Weeks 2-6	Protect repair Prevent stiffness FF to 90, ER to neutral	Sling for first 4-6 weeks Supine PROM and AAROM (FF 90, ER 0) Avoid active ABDuction Shoulder shrugs and scapular retraction Start hydrotherapy once wounds healed
PHASE 2 INCREASE ROM	Weeks 6-8	AAROM -FF 120, ABD 90, ER 20 -IR (LS junction)	Discontinue sling AAROM exercises (wall walking, pulleys, stick exercises) Continue hydrotherapy
	Weeks 8-12	Achieve full ROM Regain normal scapulo-thoracic patterning Regain fitness	Progressive AAROM and AROM to full ROM Low resistance Theraband for IR/ER (NOT for SSc/ISp repairs) Recommence cardio fitness program (ideally machine based)

NOTES:

If at any stage you feel as though your recovery is not progressing as expected, please feel free to contact our team using the details below. We will always be happy to discuss your progress and bring you in for an unscheduled appointment if necessary.