

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

ROTATOR CUFF REPAIR

KEY POINTS

- Use sling and advise minimal active movement for 6/52
- Avoid any excessive tension/stretch on repair for 6/52
- Avoid excessive resisted exercises for 12/52

WEEKS 1-6;

- Promote hand, wrist, elbow ROM (*LHB tenodesis avoid active elbow ROM for 3/52*)
- Promote regular arm shoulder repositioning
- Aim to do PROM 3-4 x a day for at least 10-15mins
- PROM guidelines (*check post op notes for specific details*)
 - Elevation to shoulder/head height
 - **Supraspinatus** repair **NO HBB or ER beyond 20°**
 - **Subscapularis** repair **NO ER beyond neutral**

WEEKS 6-12;

- Wean of sling
- Encourage light ADL's
- Encourage active ROM into greater ranges as comfort allows
- Driving can start as comfort ability allows

WEEKs 12+;

- Ensure ROM is improving aim for 80% of contra-lateral side
- Start light resisted exercises in lower ranges as comfort allows
- Progressive strengthening exercises over next 3/12
- Return to sport and higher level activities (contact sport 6 months)

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