

SHOULDER · POST-OPERATIVE REHABILITATION

Rotator Cuff Repair

KEY POINTS

- Use sling and advise minimal active movement for 4–6 weeks
- 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
- Start to wean off sling from 4 weeks
- 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
 - Subscapularis repair NO ER beyond neutral

WEEKS 6-12

- Discontinue using sling at 6 weeks
- Encourage light ADL's
- Encourage active ROM into greater ranges as comfort allows
- Driving can start as comfort and 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)