

POST-OP Arthroscopic Rotator Cuff Repair Instructions and Therapy Protocol

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Office Contact Number: 203-758-1272

Instructions

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed. Usually you will need the sling at all times for 6 weeks.
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

Dressing

- ✓ Keep your dressing clean and dry. Cover for washing until you remove it.
- ✓ You may remove the entire bandage in 5 days after surgery. After removing the dressing, the incisions can get wet in the shower. Apply band-aids over the incision during the day as needed.

To reduce the risk of infection:

- **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
- **DO NOT apply any antibiotic or other ointments, gels, or creams**
- **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The sutures will be removed at that time.

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

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Patient Name _____ Date of Surgery _____

Diagnosis _____ Type of Repair _____

Week 0-1: Goals = Control pain, promote healing, prevent stiffness

Wean off of prescribed medication. Avoid NSAIDs.

Exercises to perform 4-5 x day, 7 days/week

Pendulums (start on first day of therapy)

Elbow, wrist, hand ROM

Stay in sling when not performing exercises

Week 1-6: Goals = Promote healing, prevent stiffness

Begin **PROM**. NO ACTIVE OR ACTIVE-ASSISTED ROM UNTIL AFTER 6 WEEKS

NO LIFTING, NO SUDDEN MOVEMENTS, AVOID IR

PROM: Goals of 140 FF/ 40 ER at side, ABD 60-80 *without* rotation. Progress GENTLY!

***ER is restricted to 0 if subscapularis repair is performed**

Exercises to perform 4-5 x day, 7 days/week

Pendulums, Shoulder shrugs

Supine passive arm elevation, table slides.

Supine passive external rotation

Scapular retraction

Stay in sling when not performing exercises

Week 6-12: Goals = Begin active motion, Improve ROM, Strengthen gently

Wean off of the use of the sling

Begin **AAROM** → **AROM**. Goals for ROM above, gently increase as tolerated

Begin gentle isometric strengthening with arm at side at 8 weeks post-op.

Months 3-12: Goals = Regain full motion, Strengthen muscles, Return to sports

Full ROM as tolerated

Strengthening: isometrics → bands → light weights

Sports-related rehab at 4.5 months

Expect return to sports no earlier than 6 months.

Throwing → 6 months

Pitching → 9 months

Collision sports → 9 months