

WHAT TO EXPECT AFTER ROTATOR CUFF REPAIRS

WEEKS 0-6

Goals:

- Immobilize shoulder
- Minimize pain
- Reduce swelling

SLING USE

-The sling should be worn full time, except for shower/bathing (Sling **MUST** be worn while sleeping)

-Remove arm from the sling 2-3 times a day to bend and extend the elbow, do not move the shoulder

PAIN MANAGEMENT

REST

ICE - Every hour for 20 minutes for the first few days, then 20 minutes 3-4x a day

MEDICATIONS- Take medications as prescribed, contact MD/PA with any questions

ELEVATION- If your fingers start to swell, continue to move them around and squeeze the ball or raise the hand by bending your elbow by your side

PHYSICAL THERAPY/EXERCISE

Physical therapy will start around 4-5 weeks after surgery. Prior to that, you may use your hand and wrist while in the sling. You may bend and extend your elbow a few times a day out of the sling to prevent elbow stiffness. No shoulder movement. Do not lift >5lbs.

WEEKS 6-12

Goals:

- Start increasing ROM without stressing the repair

BRACE USE

-Remove sling while sleeping and resting on the couch

- Continue sling in non-controlled settings
- You may discontinue the sling once the doctor gives the ok

EXERCISES

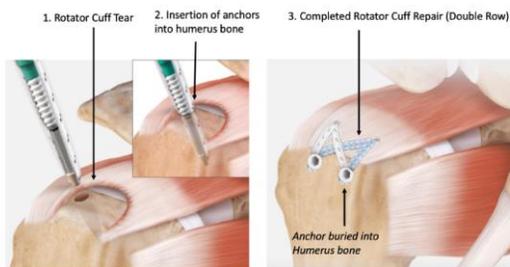
Active-assisted motion (use assistance to help move your arm) and progress to active motion (moving arm on your own)

MONTHS 3-6

- Improve shoulder stability and control
- Can return to daily activities without restrictions
- Begin strengthening exercises

EXERCISES

Light weights, banded movements



Stages of an Arthroscopic (Keyhole) Rotator Cuff Repair

MONTHS 6-12

Goals:

- Progress to more demanding strengthening, endurance, and sport specific activity
- Once cleared can progress to lifting overhead, and recreational sports
- Regain full function and strength
- Return to high demand sports or heavy labor according to the individuals healing

TIPS FOR SUCCESS:

- Commit to physical therapy and at home exercise programs
- Protect the repair early- do not reach or lift the arm too soon
- Be patient- think about recovery one day at a time

RISKS OF ROTATOR CUFF SURGERY

- Stiffness or loss of motion in shoulder
- Infection, blood clots
- Numbness/ Tingling
- Weakness/ reinjury

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