



**THE ARM DOC**

[www.TheArmDoc.co.uk](http://www.TheArmDoc.co.uk)

**Professor M. A. Imam**

*MD, D.SportMed, PhD, FRCS (Tr and Orth)*

Subspecialist in Upper limb and Complex trauma reconstruction

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Tel: 020 3384 5588

[Info@theArmDoc.co.uk](mailto:Info@theArmDoc.co.uk)

### **Large Rotator Cuff Repair**

	<b>Rehabilitation</b>
<b>On Discharge - 4 Weeks</b>	<ul style="list-style-type: none"> <li>• Sling 6 weeks, if abduction wedge then reduce to standard sling at 2-3 weeks</li> <li>• Advice on sling management</li> <li>• Neck, elbow, wrist &amp; hand exercises</li> <li>• Postural awareness and scapula control</li> <li>• Active assisted closed chain ROM in safe zone (short lever)</li> <li>• Kinetic chain rehabilitation</li> <li>• Thoracic spine ROM</li> <li>• Avoid combined abduction and external rotation and hand behind back</li> </ul>
<b>4-6 weeks</b>	<ul style="list-style-type: none"> <li>• Light proprioceptive exercises</li> <li>• Remain in sling</li> </ul>
<b>6-8 Weeks</b>  <b>8-12 weeks</b>	<ul style="list-style-type: none"> <li>• Wean from sling</li> <li>• Begin isometric strengthening in neutral - sub maximal isometric strengthening approx. 30%)</li> <li>• Progress active assisted ROM beyond safe zone</li> <li>• Begin early rotator cuff strengthening through range</li> <li>• Active short lever kinetic chain rehab' of the affected arm progressing to long lever function movement</li> </ul>
<b>12 Weeks</b>	<ul style="list-style-type: none"> <li>• Patient specific functional/sports training</li> <li>• Begin combined abduction and external rotation</li> <li>• Full kinetic chain rehab</li> <li>• Manual therapy to address and ROM deficits</li> </ul>



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<b>Sling</b>	Sling 6 weeks (Possible abduction brace)
<b>Physiotherapy Follow Up</b>	Within 2 weeks post op

<b>Milestones</b>	
<b>Week 8</b>	ROM 75%-80% of normal, sling discarded, return to driving as able, return to sedentary work
<b>3-6 months</b>	Full ROM, return to swimming, golf and lifting. Return to manual work as guided by surgeon/physiotherapist
<b>6 months</b>	Unrestricted activity

<b>Patient Specific Instructions/Requirements</b>