



THE ARMDOC

www.TheArmDoc.co.uk

Professor M. A. Imam

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

Subspecialist in Upper limb and Complex trauma reconstruction

www.theARMDoc.co.uk

Tel: 020 3384 5588

Info@theArmDoc.co.uk

Large Rotator Cuff Repair

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



THE ARM DOC

www.TheArmDoc.co.uk

Professor M. A. Imam

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

Subspecialist in Upper limb and Complex trauma reconstruction

www.theARMdoc.co.uk

Tel: 020 3384 5588

Info@theArmDoc.co.uk

Sling	Sling 6 weeks (Possible abduction brace)
Physiotherapy Follow Up	Within 2 weeks post op

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

Patient Specific Instructions/Requirements