



THE ARM DOC

www.TheArmDoc.co.uk

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

Subspecialist in Upper limb and Complex trauma reconstruction

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Secure/Small Rotator Cuff Repair

	Rehabilitation
On Discharge – 4 Weeks	<ul style="list-style-type: none">• Sling for comfort only• Advice on sling management• Neck, elbow, wrist & hand exercises• Postural awareness and scapula control• Active assisted closed chain ROM in safe zone• 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">• Progress from active assisted to active ROM (short to long lever)• HBB within limits of pain• Begin cuff control exercises and sub maximal isometric strengthening approx. 30% through available range.
6-12 Weeks	<ul style="list-style-type: none">• Commence open chain rotator cuff strengthening (short to long lever)• Kinetic chain functional rotator cuff and scapula control• Begin stretching into combined movement ranges• Patient specific functional/sports training• Full kinetic chain rehab



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Week 12	<ul style="list-style-type: none">• Begin combined abduction and external rotation• Manual therapy to address and ROM deficits
Milestones	
Week 4	Can return to driving as able and sedentary work
Week 6	Active assisted movement at least 80% of normal, sling discarded.
Week 12+	Full AROM, normal function, can consider return to contact sport, manual work and lifting

Sling	Sling 4 weeks
Physiotherapy Follow Up	Within 2 weeks post op