

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

Subspecialist in Upper limb and Complex trauma reconstruction

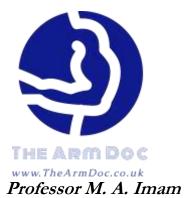
<u>www.theARMdoc.co.uk</u>

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Secure/Small Rotator Cuff Repair

	Rehabilitation	
On Discharge – 4 Weeks	 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	 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	 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	 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	Within 2 weeks post op
Follow Up	