

# Rotator Cuff Repair with capsular release

The post-operative regime for rotator cuff repairs varies according to the size and state of the repair.

## **Small & medium tears (<3cm)**

### **Day 1 – Week 3:**

Polysling with body belt

Wrist/hand/finger exercises

Elbow flex/ext, pronation / supination

Shoulder girdle exercises

Scapula setting exercises

Pendulum exercises

Full Passive ROM in all directions as tolerated

### **Week 4 – 6:**

Begin active assisted exercises

Gentle isometric exercises in neutral as pain allows

Wean off sling

### **Week 6+:**

Full active exercises in all ranges

Begin rotator cuff strengthening

Begin proprioceptive exercises

## **Return to functional activities**

**Driving**                      4 Weeks

**Swimming**                      Breaststroke: 3/52

**Golf**                              3 Months

**Lifting**                              3 Months (Then guided by the strength of the individual  
patient)

**Return to work**                      Sedentary job: Small 6/52

Manual job:      Small 12/52

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