

Rotator Cuff Repair

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

Passive ROM in all directions as tolerated

Week 4 – 6:

Do not force or stretch

Gentle isometric exercises in neutral as pain allows

Wean off sling

Week 6+:

Begin active assisted exercises

Progress to full active exercises in all ranges

Begin rotator cuff strengthening (pain free)

Closed chain exercise

Begin stretching the capsule

Begin proprioceptive exercises

Large & Massive tears (>3cm):

Day 1 – Week 3:

Polysling with body belt

Wrist/hand/finger exercises

Elbow flex/ext, pro/supination

Shoulder girdle exercises

Scapula setting exercises

Week 4 – 6:

Pendulum exercises

Passive ROM only in all directions as tolerated

Gentle isometric exercises in neutral as pain allows

Maintain the sling

6 weeks +:

Begin active assisted exercises

Progress to full active exercises in all ranges, adding in resistance after 8 weeks

Closed chain exercises

Begin proprioceptive exercises

Return to functional activities

Driving 8 Weeks

Swimming Breaststroke: Small 6/52 Large 12/52

Freestyle: Small 12/52 Large - unlikely to
progress

Golf 3 Months

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

Return to work Sedentary job: Small 6/52 Large 8/52

Manual job: Small 12/52 Large ?

S Massoud

www.bhamknee-shoulder.co.uk