

Rotator Cuff Repair Rehabilitation Programme: STABLE**Key messages**

- Note specific post-op instructions, as may vary depending on Consultant
- Ensure good scapular control and strength throughout range
- **Expected discomfort for 3 months minimum**
- Improvement can progress for 6 -12 months
- Functional rehab as required

Time	Arthroscopic and open procedure	Goals / aims
Pre-op	Deltoid rehab Scapular stabilisation exercises Transvers abdominals/Postural advice-	
Day 1 Day case Surgery	Note specific post-op instructions <ul style="list-style-type: none"> - Sling - 3 weeks - Active assisted Flexion, Abduction and external rotation - Elbow, wrist and hand exercises - Instructions for sling, washing, dressing - Advice on posture & scapular control Physio OP appointment within 1 week <ul style="list-style-type: none"> - Avoid active/passive External Rotation beyond neutral for 3/52 if subscapularis repair. - Avoid Combined movements (check notes for any specific instructions) *If bicep tenodesis assisted elbow flexion/ extension for 6/52	Advice <ul style="list-style-type: none"> - Sedentary work – 8 weeks as comfortable - Driving – after 8 weeks if comfortable & safe Only if patient can perform emergency manoeuvres safely - Swim breast stroke – <ul style="list-style-type: none"> - 6-8/52 - Swim front crawl – 3-4/12 - Heavy work – 4/12 discuss with consultant - Contact sport – 6 months
1 week Initial outpatient appointment	<ul style="list-style-type: none"> - Continue Active assisted exercises - check movement pattern, try to increase ROM - Check wound - Check analgesia management - Scapular stabilisation exercises - Transverse abdominal/postural exercises Oxford Score	
3 - 4 weeks	<ul style="list-style-type: none"> - Start Active ROM exercises through full range with all movements - Isometric rotator cuff exercises, progressing to rotator cuff exercises through range. - Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table) - Check posture & scapular stabilization 	Aim for full assisted ROM Wean off sling
6-8 weeks	<ul style="list-style-type: none"> - Resistance work/ Open chain rehab: strengthening exercises through range - free weights, theraband (amend depending on pain levels) - Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates. - Gym rehab (if appropriate to patient's goals) 	Scapular control obtained Full functional ROM
8 weeks plus (if required) Consultant OP appointment 10-12/52	<ul style="list-style-type: none"> - Plyometric exercises (eg. bounce ball against wall) - Check scapular control through range 	
Complications	Failure repair, impingement, detachment of repaired deltoid, re-tear, frozen shoulder	
Final goals	Return to work Full functional ROM	<u>Outcome measure</u> – Oxford score