

## Rotator Cuff Repair Rehabilitation Programme: ROUTINE

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