

Rotator Cuff Repair Rehabilitation Programme: PROTECTED**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 openprocedure	Goals / aims
Pre - op	Deltoid rehab Scapular stabilisation exercises Transvers abdominals/Postural advice	
Day 1 Inpatient	Note specific post-op instructions <ul style="list-style-type: none"> - Sling - 6 weeks - Low muscle activity: Flexion, Abduction and External rotation (eg. Forward Bow, Table slides) - 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 10 weeks if comfortable & safe & Only if patient can perform emergency manoeuvres safely - Swim breast stroke - 8/52 - Swim front crawl - 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 low muscle activity:- check movement pattern, try to achieve 90 Flex/ Abd - Check wound - Check analgesia management - Scapular stabilisation exercises Oxford Score	
4 - 6 weeks	<ul style="list-style-type: none"> - Active assisted Flexion, Abduction and external rotation through full range with all movements - Check posture & scapular stabilization - Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table) 	Aim for full assisted ROM
8 weeks	<ul style="list-style-type: none"> - Start active ROM exercises through range - Isometric rotator cuff exercises/ Closed chain rehab - Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates. 	Wean off sling Scapular control obtained
8 - 10 weeks	<ul style="list-style-type: none"> - Increase active ROM exercises - Check scapular control - Start strengthening exercises through range - free weights, theraband (amend depending on pain levels). 	Full functional ROM
10 weeks plus Consultant OP appointment	<ul style="list-style-type: none"> - Gym rehab (if appropriate to patient's goals) - Plyometric exercises(eg. bounce ball against wall) 	
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