



Rotator Cuff Repair

The following is an outline of instructions and information for post-operative shoulder rotator cuff repair. Although you may have been told different information from friends or others, please follow these instructions specifically and if you have any questions, contact our office. These instructions pertain to most rotator cuff repairs. If your particular procedure and instructions differ, you will appropriately be informed by Dr Chien.

Weeks 1-4

- Visit to your General Practitioner or Dr Chien's rooms between 10 to 14 days post surgery. Dressings to come off, wound reviewed and stitches removed (if non-dissolving).
- Passive range of motion (PROM) to forward flexion (while supine) and circumduction.
 - Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Active/Passive ROM for hand and elbow
- Isometric Scapular Stabilisation
- Keep in shoulder immobilizer at all times unless performing exercises.
- Abduction pillow **Yes / No**
- 48h after surgery, may remove sling at night if pain permits
- Ice packs if available

If biceps tenodesis was performed, no elbow extension past 90° for 2 weeks and no resisted elbow flexion allowed until week 8

Biceps tenodesis performed **Yes / No**

Weeks 4-8

- Visit to Dr Chien's rooms at 6-8 weeks
- Weeks 4-6: Continue PROM exercises to reach goals stated above
- Weeks 6-8: Commence active assisted ROM
 - Active ROM (AROM) as tolerated
- Sling for comfort only at 6 weeks

Weeks 8-12

- Progress to full AROM
- Continue with scapular strengthening
- Begin internal/external rotation isometric exercises
- Stretch posterior capsule
- Discontinue sling at 12 weeks



Months 3-6+

- Visit to Dr Chien's rooms at 6 months
- Full ROM
- Strengthening as tolerated
- Return to full work, home duties and sports if final clearance obtained from Dr Chien.

Warnings:

Notify Dr. Chien immediately or present to the Emergency Dept if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling of the foot not related to bruising**
- **Fever $>37.5^{\circ}\text{C}$ after postoperative day 3**
- **Increased redness along incision**