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Secure/Small Rotator Cuff Repair

	Rehabilitation
On Discharge – 4 Weeks	• Sling for comfort only • Advice on sling management • Neck, elbow, wrist & hand exercises • Postural awareness and scapula control • Active assisted closed chain ROM in safe zone • Kinetic chain rehabilitation • Thoracic spine ROM • Avoid combined abduction and external rotation and hand behind back
4-6 Weeks	• Progress from active assisted to active ROM (short to long lever) • HBB within limits of pain • Begin cuff control exercises and sub maximal isometric strengthening approx. 30% through available range.
6-12 Weeks	• Commence open chain rotator cuff strengthening (short to long lever) • Kinetic chain functional rotator cuff and scapula control • Begin stretching into combined movement ranges • Patient specific functional/sports training • Full kinetic chain rehab

Week 12	• Begin combined abduction and external rotation • Manual therapy to address and ROM deficits
Milestones	
Week 4	Can return to driving as able and sedentary work
Week 6	Active assisted movement at least 80% of normal, sling discarded.
Week 12+	Full AROM, normal function, can consider return to contact sport, manual work and lifting

Sling	Sling 4 weeks
Physiotherapy Follow Up	Within 2 weeks post op