ARTHROSCOPIC ROTATOR CUFF REPAIR (Massive)

Date of Surgery: _____

Days 0 - 7

- Patient to do Home Exercises given post-op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

Weeks 1 - 12

- Pendulums
- Passive external rotation limit 30° (supine, roll towel under elbow)
- Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)
- Table slides at 14 days, hand resting on table, torso leaning forward, pain free
- Address posterior capsular tightness at 3 months if indicated

Minimal to no pain **during or after exercises, although fatigue is OK**

AVOID:

NO Pulleys
NO internal rotation behind back
NO external rotation stretching with arm in 90° of abduction
NO stretching in abduction
NO strengthening until 3 months

Modalities:

Other: