



ROTATOR CUFF REHABILITATION

Days 0 to 14

Post-op recovery

Primary goal here is to allow wound healing and to decrease swelling. You will be able to go home the same day as your surgery with waterproof dressings and a sling. Leave your dressings on until your review in clinic in 7 to 14 days post surgery.

Exercises (5 times a day)

- Elbow range of motion
 - Squeezing shoulder blades together
- Please email my team on contact@sportsortho.co.nz, if you have any concerns about your wound or to confirm your appointment time.

Weeks 1 to 6

- Passive forward flexion / abduction / external rotation 5 times a day
- Desk duties allowed
- **Physio** can commence at 2 weeks
- After 2 weeks, if you are off codeine/tramadol, you can consider driving short distances

Weeks 6 to 12

- Out of sling
- Commence driving
- Active range of motion exercises
- Scapular stabilisers strengthening at 8 weeks
- Rotator cuff strengthening at 10 weeks

Months 3 to 6

- Proprioception exercises
- Light duties can be commenced with lifting restricted to below elbow height
- Return to sports and full duties at 6 months

Overall rehab time of **18 months**