

**Mr Joby J. George Malal,
Consultant Upper Limb Surgeon.**

www.bedfordshouldersurgeon.com

Rehab protocol for arthroscopic rotator cuff repair

Time post op	Small/Secure/Stable Repairs	Large/Unstable/Insecure Repairs
<p>Day 1 Day Surgery Unit</p>	<p><u>Sling</u> - see op note for duration – 0 to 2 weeks.</p> <p>Elbow, wrist and hand exercises Passive/assisted abduction and flexion Scapular movements Instructions for sling, washing, dressing Physio OP appointment at 1 week, earlier if struggling</p> <p><u>Advice</u> No combined abd/ext rotation for 6 weeks Driving after 6 – 8 weeks Sedentary work 3 weeks Heavy work – 12-16 weeks Swimming, breaststroke 6-8 weeks, freestyle 12 weeks Contact sport – 6 months</p>	<p><u>Sling</u> - kept for 4 weeks. Elbow, wrist and hand exercises Passive/assisted abduction and flexion, with bent arm Scapular movements Instructions for sling, washing, dressing Physio OP appointment at 2-3 weeks, earlier if struggling</p> <p><u>Advice</u> No combined abd/ext rotation for 12 weeks Driving after 8 - 12 weeks Sedentary work – 4-8 weeks as comfortable Heavy work – 24-36 weeks Contact sport – 6 months</p>
<p>2 weeks 1st Physio Review</p>	<p>Avoid active/passive ER beyond neutral for 3/52 Start active/assisted exercises - check movement pattern Scapular stabilisation exercises Continue Physio if poor ROM GOAL – sling off from week 3</p>	<p>Check passive ROM Continue passive range Avoid combined ER/Abd Avoid ER past neutral for 3-6/52 dependant upon stability of repair Scapular stabilisation exercises</p> <p>GOAL - Body belt off at 3 weeks</p>
<p>2 – 6 weeks</p>	<p>Continue ROM exercises Add isometric rotator cuff exercises, sub max in scapular plane.</p>	<p>Continue ROM exercises Wean off sling from 6 weeks</p>



	<p>Emphasise inferior cuff control</p> <p>Correction of movement pattern</p> <p>GOAL – 4 weeks > 50% of pre op passive ROM</p> <p>6 weeks active assisted ROM = to pre op level</p>	<p>GOAL – passive flexion / abduction 90°</p>
6 – 12 weeks	<p>Continue ROM exercises</p> <p>Increase strengthening exercises and endurance</p> <p>Rotator cuff strengthening through range</p> <p>Occupational training if required</p> <p>Discharge when full ROM</p> <p>GOAL – full ROM obtained</p>	<p>Sling discarded at 6 weeks</p> <p>Active exercises plus scapula control</p> <p>Rotator cuff strengthening initial range</p> <p>Increase rotator cuff strengthening through range</p> <p>Correction of movement pattern</p> <p>GOAL – scapula control obtained</p> <p>Full ROM obtained</p>
12 weeks plus	<p>Sports specific rehab</p> <p>Closed chain exercises</p>	<p>Full ROM exercises</p> <p>Increased strengthening through range</p> <p>Add deltoid strengthening</p> <p>Sports specific rehab if able</p> <p>Closed chain exercises</p>
Complications	<p>Infection, post surgical stiff shoulder, Failure repair, recurrence, impingement</p>	<p>Infection, post surgical stiff shoulder, Failure repair, recurrence, impingement</p>
Final goals	<p>Full ROM 12-14 weeks</p> <p>75-80% pain free at 12-18 weeks</p> <p>Pain free by 9-12 months</p> <p>Return to work</p> <p><u>Outcome measure</u> – Oxford Shoulder Score</p>	<p>Full ROM 24 weeks</p> <p>75-80% pain free at 24 weeks</p> <p>Pain free by 12 months</p> <p>Return to work</p> <p><u>Outcome measure</u> – Oxford Shoulder Score</p>

