

ROTATOR CUFF REPAIR –DR. PRODGER

General Information:

Open procedure therefore sling for 4-6 weeks. Sling to be removed for exercise and shower only for first 2 weeks then may also be removed for sleeping.

No active flexion or abduction for 6 weeks.

Pre-op (only seen if specific concerns):

- Sling fitted
- Post-op exercises reviewed: hand/wrist, elbow flexion/extension, scapular setting and pendulum only

Day 1:

- Review surgical notes to check any specific post-op orders
- Patients should be seen a.m. and p.m. to remove sling and complete exercises
- Patients to be provided with post-op exercise sheet (St. Vincents Shoulder Surgery)

Discharge:

- Normally on Day 1-2
- Physio referral on discharge unless advised otherwise by Dr. Prodger.
- Continue above exercises until reviewed by surgeon at 2 weeks
- Keep wound dry and intact until review

At 2 Weeks:

- Passive shoulder exercises added –Dr. Prodger will advise

0-6 Weeks:

1. No active flexion or abduction for 6 weeks.
2. Pendular exercises, wrist/elbow, active ER to neutral
3. No active or passive hand behind back for 6 weeks.
4. Other restrictions may apply on an individual basis as per Dr. Prodger.
5. **Aim to restore full shoulder passive ROM. Aim for full flexion PROM by 6 weeks**
6. **Come out of sling for ADL's at waist height through the day**

6-12 weeks:

1. Full passive flexion, IR and ER.
2. Commence active ROM. Aim for full range by 12 weeks.

12-16 Weeks:

1. Commence strengthening

NB: If Rotator Cuff irreparable then treat as Acromioplasty



Last Review Date:

2.2012

Next Review Date:

2.2015