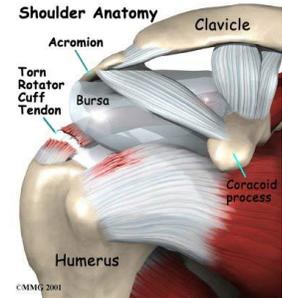


PATIENT EDUCATION: 2-6 weeks post-operatively

ARTHROSCOPIC ROTATOR CUFF REPAIR

General Information

Arthroscopic Rotator Cuff Repair is performed when there is a tear of one or more of the four muscles that comprise the Rotator Cuff. A surgical repair is indicated when pain cannot be managed with conservative methods and is associated with weakness that causes a significant loss of function.



Shoulder Precautions

- No shoulder active range of motion (AROM)
- Sling is worn up to 6 weeks post-op and only removed for exercise or bathing as directed
- No lifting of objects or supporting body weight with operative extremity
- When lying on your back, a towel roll should be placed under the elbow for additional support of operative extremity
- Keep incision clean and dry

Joint Protection Phase

- Passive range of motion (PROM) typically starts at 3 weeks post-op or as directed by physician
 - Flexion, abduction, external rotation and internal rotation in scapular plane
- Active range of motion (AROM) of neck, elbow, wrist and hand
- Gentle resisted exercise of elbow, wrist and hand as directed
- Pendulum exercises, pain free scapular pinches
- Active Assisted range of motion (AAROM) while lying on your back typically begins at 5-6 weeks post-op
- Frequent use of ice

Goals

- Patient and family independent with joint protection, PROM, assisting with putting on/taking off sling, home exercise program, use of ice for pain management
- Promote soft tissue healing and maintain integrity of repaired tissues
- Enhance and restore full PROM
- Restore AROM of elbow/wrist/hand
- Perform minimally resistive exercise for elbow, wrist and hand

Outpatient Physical Therapy
Brigham and Women's Faulkner Hospital Rehabilitation Services
1153 Centre Street – 2nd Floor
Boston, MA 02130
617-983-7271



BRIGHAM AND WOMEN'S
Faulkner Hospital