

Arthroscopic Rotator Cuff Repair, Postoperative Prescription/Protocol

Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** You may remove the dressing in 2 days and then place Band-aids over the incisions for 1 week.
- **Shower:** You may allow the wound to get wet in the shower after 2 days when you remove the dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.

Postoperative Plan

Sling Use

- Sling for 6 weeks except for hygiene and exercises as outline below
- May remove for showers/dressing

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 12 Weeks: Golf (chip and put only)
- 4 Months: Golf (full swing)
- 6 Months: Tennis

Physical Therapy Protocol

Phase I: Weeks 0-2

- Sling at all times except for hygiene and exercises
- Full passive range of motion to fingers, wrist, and elbow
- Pendulum exercises to shoulder only, no formal physical therapy

Phase II: Weeks 2-6

- Continue sling use, may remove pillow from under sling
- Start formal physical therapy, **passive and active assist motion only**
 - Forward elevation: 150 Degrees
 - External Rotation: 45 Degrees
 - Internal Rotation: Belt line

Phase III: Weeks 6-12

- Wean from sling
- Progress to active motion, **no strengthening**
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full

Phase IV: Weeks 12+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full