



Orthopaedics Victoria

ROTATOR CUFF REPAIR (LARGE)

Patient name:

Date of surgery:

Surgeon:

0-2 weeks:

Abduction sling at all times

Elbow and hand range of motion exercises

2-6 weeks

Pendular exercises only

Sling on at all other times

6-9 weeks

Passive ROM

Active assisted ROM, including forward elevation in scapular plane, external rotation in full adduction, pendulum and pulley exercises

9-12 weeks

Active ROM

- supine then progress to 30 degrees/60 degrees/full upright when patient has achieve full ROM at previous level

12-16 weeks

Strengthening phase

6 months

Unrestricted activities (avoid heavy lifting and repetitive overhead work for 6 months)

MODIFICATIONS: