



Orthopaedics Victoria

ROTATOR CUFF REPAIR (SMALL TO MEDIUM)

Patient name:

Date of surgery:

Surgeon:

0-4 weeks:

Pendular exercises only
Sling when not performing pendulums

4-8 weeks

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

8-12 weeks

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

12 weeks

Strengthening phase

4-6 months

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

MODIFICATIONS