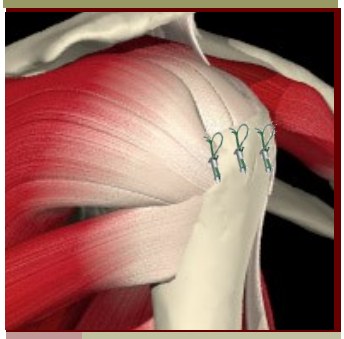
Rotator Cuff Repair
STANDARD REPAIR



PROFESSOR GEORGE MURRELL

Arthroscopic Rotator Cuff Repair

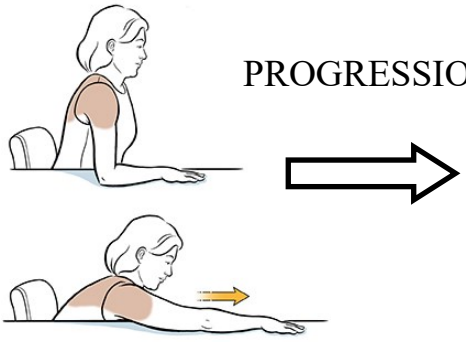
Rehabilitation Guidelines
STANDARD REPAIR
Phase 2: 6 weeks — 3 months

- *You can stop wearing the sling.*
- *No overhead activities except for when you perform the prescribed exercises below.*
- *You can lift 1-2kg to your chest level within comfort.*

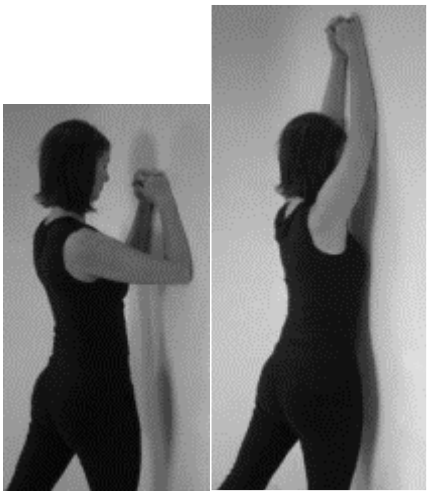
- **Flexion Stretch**

  Use your good arm to help slide the operated arm on a table OR up a wall within limits of comfort and stiffness/pain.

  Hold 5secs, 10 reps
  2-3x/day



PROGRESSION

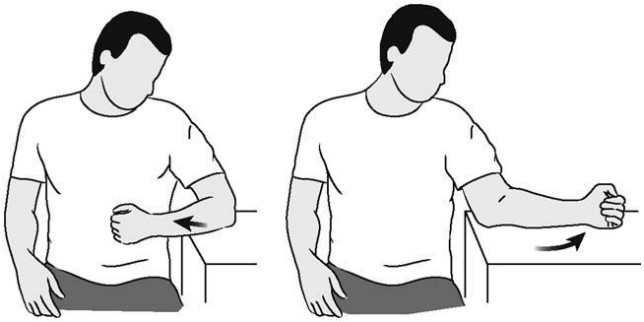


- **Active Supported External Rotation**

  Sit at a table with the elbows bent at 90º, by your side and supported on top of the table.

  Keeping your trunk still, slide the forearm of the operated side so that it swings outwards, away from your body.

  Repeat 10 reps, 2-3 x/day



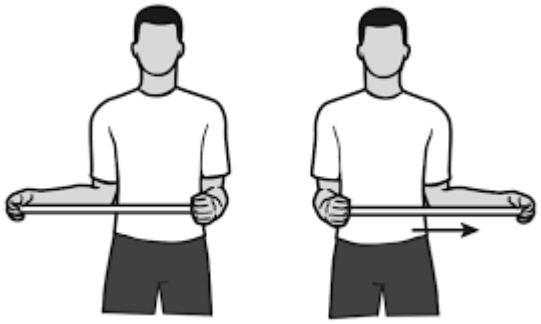
External Rotation
e.g. following left shoulder

Phase 2—Passive Range Of Motion

- **External - Internal Rotation**

  Sitting or Standing. Hold stick. Keep elbows bent at 90°. Using your good hand, gently push the stick towards the operated side of your body, making sure you keep the elbow at 90° and close to your side.

  Hold 5secs, 10 reps, 2-3x/day

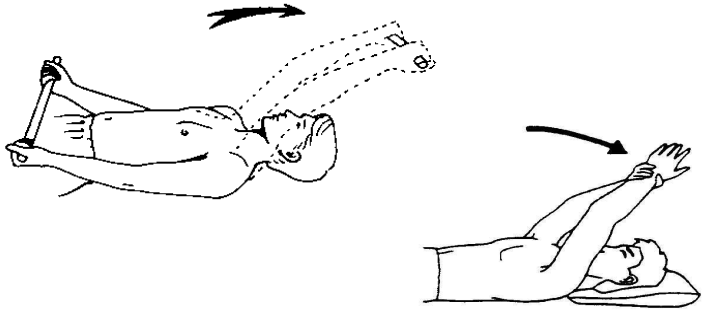


External—Internal Rotation
e.g. following left shoulder surgery

- **Shoulder Flexion**

  Continue this from Phase I exercises whilst lying on your back using a stick or the other hand to assist as previous.

  Hold 5secs, 10 reps, 2-3x/day



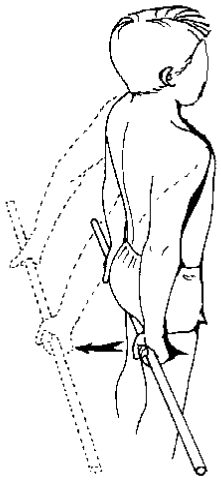
- **Shoulder Extension**

  Hold the stick using an *underhand* grip behind your back.

  Push the stick backwards away from your body.

  Do not lean your trunk forward.

  Hold 5secs,
  10 reps, 2-3x/day

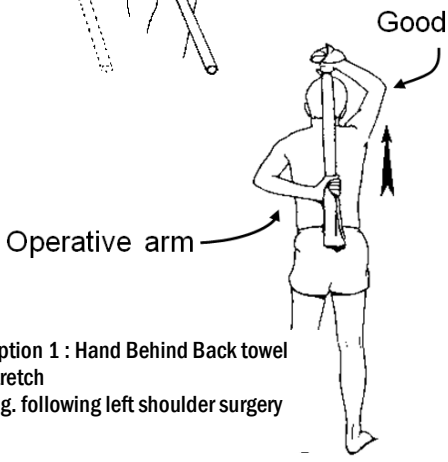


Use your good arm to help move the arm that has had surgery. Only move the shoulder through a comfortable range. Don't push through the pain.

- **Hand Behind Back Stretch**

  Grasp towel in both hands (Option 1) or use the other hand to assist (Option 2).
  Place your operated arm behind your back and use the good arm to pull up the one that has had surgery.

  Hold 5secs,
  Start with 5 reps, 1x/day
  Progress to 10 reps, 2x/day
  as comfort allows



Option 1 : Hand Behind Back towel stretch
e.g. following left shoulder surgery

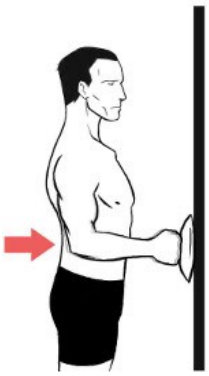
OR

Option 2: Hand Behind Back stretch
e.g. following right shoulder surgery

Phase 2—Isometric Strengthening Exercises

- **Isometric Flexion**

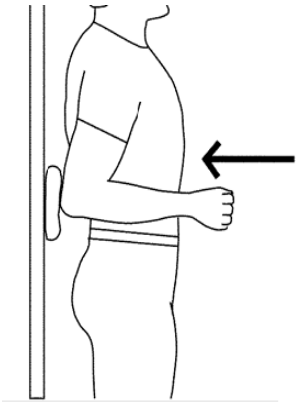
  With your operated arm, you are trying to resist the forward movement of your shoulder against a wall or steady surface, with the elbow bent at 90°.



Hold 5secs,
10 reps, 3x/day

- **Isometric Extension**

  This is the opposite movement of shoulder flexion. Here, you are trying to push into the wall while trying to bring your shoulder backward.



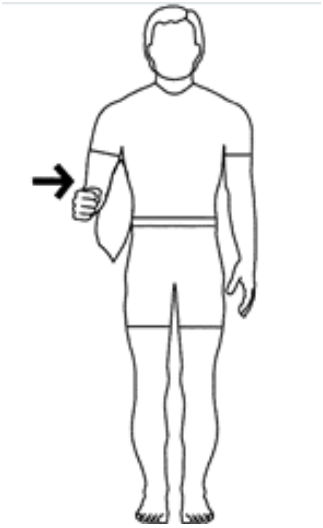
Hold 5secs,
10 reps, 3x/day

All pushes should be gentle.

Don't push through pain

- **Isometric Adduction**

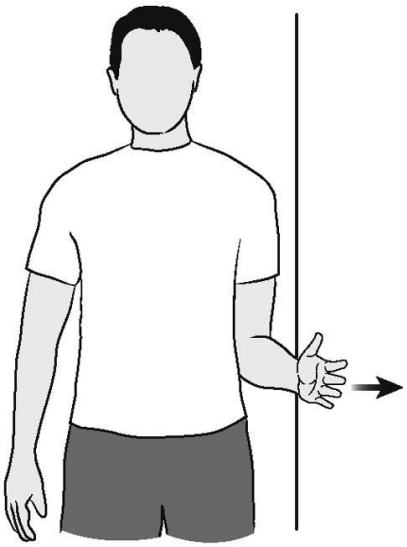
  Squeeze a pillow into your body with the elbow and arm.
  Keep the neck relaxed and the shoulder blades pinched together.



Hold 5secs,
10 reps, 3x/day

- **Isometric External Rotation**

  Keep your elbow at 90° and close to your side. Whilst holding it by your side, press your forearm so that it swings outwards into a wall.



Hold 5secs,
10 reps, 3x/
day

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Other Milestones...

6 WEEKS

- Completed. Well done!

3 MONTHS

- 12 week post-operative physio check up with us.
- Commence Phase 3 exercises with use of yellow theraband.
- Commence light lifting close to your body between 2kg and 5kg depending on progress and the repair. Our 12 week physio review will instruct you on the lifting progressions.
- Occasional light unweighted overhead work.
- Light breast stroke swimming may be permitted from 4 months depending on repair and progress.

6 MONTHS

- Review with Professor George Murrell.
- Ultrasound scan with our sonographer to check the repair.
- Return to full work duties and sports if final clearance obtained from Prof Murrell.