

ROTATOR CUFF REPAIR

Immediate post-op care:

DAY 2: Remove bandages and replace with band aids (over the steri-strips)

Showering: Do not get incisions wet for the first 7 days

Pain medications: Take as prescribed

PHASE 1 – Week 1-6

SLING: SIX weeks AT ALL TIMES, INCLUDING SLEEP.

Physical therapy: 7-10 days after surgery date for Passive Range of Motion ONLY.

NO DRIVING while in the sling.

AVOID ALL ANTI-INFLAMMATORY MEDICATIONS FOR 6 WEEKS SUCH AS: ALEVE, MOTRIN, IBUPROFEN, ADVIL, ASPIRIN (Unless prescribed for cardiac reasons)

PHASE 2- Week 6-12

Physical therapy: Active and active assistive motion/ gentle stretching.

NO LIFTING ANYTHING HEAVIER THAN ONE POUND.

Begin to use your arm for activities of daily living

Bathing

Eating

Shaking hands

Driving

PHASE 3- Week 12-20

Physical therapy: Being strengthening with therabands

No lifting anything heavier than 5 pounds---gradually increase

weight as you progress though therapy.
Gradually return to normal activity