

	Post op
Immediate	<ul style="list-style-type: none"> • Small RC tear: sling 4 weeks • Large RC tear: sling 6 weeks +/- abduction wedge • Postural exercises and scapula setting • Cervical spine, elbow, wrist and hand exercises
Day 1-4 weeks	<ul style="list-style-type: none"> • If abduction wedge then reduce to polysling at 2-3 weeks • Passive table slides in <i>safe zone</i> (Safe zone = movement below shoulder level into forward flexion) • No abduction • No ER beyond 0°
4-6 weeks	<ul style="list-style-type: none"> • Gentle static isometric strengthening exercises in neutral may commence as pain allows • Active- assisted exercises can commence within comfort limits – Do not force or stretch • No combined abduction/ER
6 Weeks +	<ul style="list-style-type: none"> • Sling removed if not already • Progress active – assisted to active movement as control allows • Rotator cuff strengthening can commence as pain allows • No combined abduction/ER
12 Weeks	<ul style="list-style-type: none"> • Sport specific rehabilitation including closed chain proprioception can commence • Begin combined abduction and external rotation • Gentle capsular stretches may commence

Milestones	
Week 8	ROM 75%-80% of normal, sling discarded
Week 12	Full ROM
Week 20	Unrestricted activity

Return to Functional Activities

Driving	6-8 weeks recommend
Swimming	12 weeks
Golf	3 months
Lifting	3 months +
Work	Sedentary - once out of sling Manual – as guided by surgeon

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS

References: Shoulderdocus. (2015). Shoulder rehab protocols: Rotator cuff repair (arthroscopic). *Shoulderdocus.co.uk*. Retrieved February, 10th, 2015, from <http://www.shoulderdocus.co.uk>