



Rotator Cuff Repair
Right M 75.121 Left M 75.122

Day 1-3:

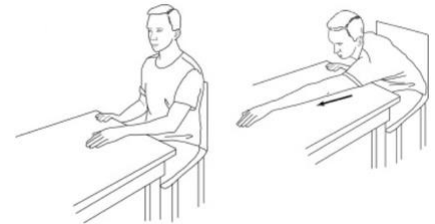
- Prior to leaving the operating room a shoulder immobilizer sling will be applied to your shoulder.
- Following discharge from surgery, you should go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes, once per hour.
- You will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.

We can increase the pain medication if you are uncomfortable. Feel free to call the office at **650-723-5256**, or call the surgery scheduler. If it is after hours, there is always someone available to reach at **650-723-4000**. Just ask for Clinical Advice Services.

Weeks 0-6:

- The sling should be worn always. You must wear sling to sleep at night.
- No active range of motion or active use of the arm is allowed.
- You can come out of the sling to stretch elbow and hand only 2-3 times daily.
- Table slides and supine active assisted range of motion with the other hand is allowed 2-3 times per day for 5 minutes.
- Pendulum exercises 2-3 times daily for 5 minutes.
- Active range of motion of elbow, wrist and hand okay.

Table Slides



Weeks 6-12

- Start weaning out of the sling, use the arm for gentle activities, such as lifting a glass of water or telephone.

Start passive and active assisted range of motion:

- Forward flexion: 90° to full as tolerated.
- Internal rotation: full
- External rotation: 45° to full as tolerated.
- Range of motion exercises: Codman, cane stretches etc.
- Isotonics and scapular stabilization: To tolerance.

Pendulum



Weeks 12+:

- **Range of motion goals:** Progress to fully functional range of motion.
- **Range of motion exercises:** Cane, pulley, internal rotation stretch.
- **Strengthening:** Isotonics in functional range of motion, integrate rotator cuff with scapular stabilization.
- **Scapular stabilization:** With resistance, integrate scapular stabilization and CORE.

Very simply, you should stay in the sling 24 hours a day, except when stretching your elbow and hand for the first 6 weeks. **If you use the arm actively within the first 6 weeks you may re-tear her rotator cuff repair.** The arm should feel better each day. If the pain becomes difficult to control or you notice increasing redness, swelling or drainage—please contact us immediately. During the day, please call my medical assistant at (650) 723-5256. After hours call Stanford Hospital (650) 723-4000 to page the orthopedic resident on-call. If you cannot reach anyone, please go to the emergency room at Stanford Hospital or your nearest hospital.