**Arthroscopic rotator cuff repair rehabilitation programme**

# 0 – 6 weeks after surgery

* Wear sling when walking or travelling,
* **Otherwise remove sling with arm supported on a chair, table or pillow and use hand the hand can be used for eating, computer and paperwork etc**
* Don’t move the shoulder too much.
* 3 times a day, wrist and hand exercises with a squeeze ball, but the arm must be kept internally rotated during these exercises.
* Physiotherapy to teach isometric muscle contraction of deltoid and scapular stabilizers, elbow and hand movement.

# 6 – 12 weeks after surgery

* No more sling, except if in a rowdy crowd situation.
* Begin passive motion 0-90 forward flexion supine, and external rotation to neutral, no internal rotation beyond resting against the tummy

**No abduction for 4 months until all other movements are full as premature abduction while the shoulder is stiff including abnormal scapulo-thoracic rhythm can result in impingement**

# 12 – 16 weeks after surgery

* Continue stretching of the shoulder
* Begin formal strengthening internal/external rotation, retraining of scapulo-thoracic rhythm and proprioception.
* Patient may walk / jog and swimming (breaststroke only)

# 16 – 24 weeks after surgery

* obtain full range of motion slowly over 24 weeks
* sports specific strength and endurance training (tennis overhead serve, freestyle swimming, surfing) when fully rehabilitated with respect to motion, strength & proprioception.This usually does not occur until 6 months , 9 months for throwing.