

Large to Massive Rotator Cuff Tear Surgery

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
Abduction brace for 6 weeks	1 night stay in hospital	Range of motion in safe zone	No elevation over 60 deg or ER beyond neutral

Plan for review appointments?

If something feels wrong	2 weeks	3 months	12 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing	Review appointment with repeat MRI of your shoulder

Notes to Physiotherapist

Abduction brace for 6 weeks

For the first 6 weeks limit to:

- Pendular and scapular stabilisation exercises
- Neck, Elbow, Wrist and Hand exercises

Start passive ROM and active assisted from 6-10 weeks; add active ROM from 10 weeks (go gently)

Strengthening after 12 weeks

Returning to occupational and recreational activities?

Driving	6-8 weeks
Light work	2-3 weeks
Heavy work	6 months
Run/Road bike	6-8 weeks
Gym	6 months
Swim	6 months
Tennis	3-6 months
Contact sports	9 months