

Small to Medium Rotator Cuff Tear Surgery

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
4 weeks	1 night stay in hospital	Range of motion in safe zone	No elevation over 90 deg or ER beyond 20deg

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	Questionnaires via your app; if any ongoing issues review appointment

Notes to Physiotherapist

Sling for 4 weeks

For the first 4 weeks limit to passive and active assisted ROM to:

- Forward flexion/abduction to 90 degrees
- ER to 30 degrees

Pendular and scapular stabilisation exercises

Neck, Elbow, Wrist and Hand exercises

Active ROM as tolerated from 4 weeks

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