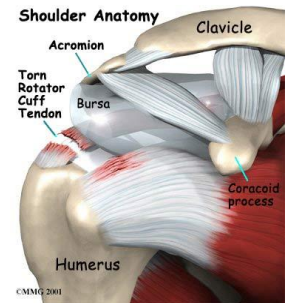


# PATIENT EDUCATION: 0-2 weeks post-operatively

## ARTHROSCOPIC ROTATOR CUFF REPAIR

### General Information

Arthroscopic Rotator Cuff Repair is performed when there is a tear of one or more of the four muscles that comprise the Rotator Cuff. A surgical repair is indicated when pain cannot be managed with conservative methods and is associated with weakness that causes a significant loss of function.



### Shoulder Precautions

- No shoulder active range of motion (AROM)
- Sling is worn up to 6 weeks post-op and only removed for exercise or bathing as directed
- No lifting of objects or supporting body weight with operative extremity
- When lying on your back, a towel roll should be placed under the elbow for additional support of operative extremity
- Keep incision clean and dry, no soaking or wetting for 2 weeks

### Acute Care Therapy: Post surgical

- No shoulder motion for first 2 weeks
- Active/active assisted range of motion of neck, elbow, wrist and hand
- Continuous use of ice for days 1-2 post-operatively, day 3-6 post activity or for pain management
- Insure proper alignment, fit and use of sling

### Goals

- Patient and family independent with joint protection, assisting with putting on/taking off sling, home exercise program, use of ice to reduce pain and swelling
- Promote soft tissue healing and maintain integrity of repair
- Restore AROM of elbow/wrist/hand
- Independent with activities of daily living (ADLs) with modifications
- Independent with bed mobility, transfers and ambulation or as pre-admission status

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