



## Arthroscopic Rotator Cuff Repair

The following information will help you prepare for your arthroscopic rotator cuff repair surgery. It is important that you understand and follow the rehabilitation guidelines to give yourself the best chance of recovery from surgery. If you have any concerns or questions at any time, please discuss with me or your therapist.

### Things You Should Know

- You will require a general anaesthetic +/- regional block.
- The operation normally takes between 60 to 90 minutes.
- You will typically have 3 or 5 small skin incisions.
- You can go home the day of surgery, but usually stay overnight.
- The dressings are waterproof, so you can shower (out of the sling) resting your operated arm on your abdomen or by your side.
- Apply an ice-pack regularly to your operated shoulder in the first few days after surgery to reduce pain and swelling.
- Take regular pain relief in the first few days, then as required.
- **You will need to wear a sling full-time for 4-6 weeks.**
- During this time, you can come out of the sling to shower and dress.
- After 4-6 weeks – you can come out of the sling and start using the arm for usual gentle activities of daily living.
- You will be advised when to start formal physiotherapy, usually at 4 to 6 weeks.
- The goal is to steadily achieve a normal range of shoulder motion, usually 3-6 months after surgery.
- Strengthening starts 3 months after surgery.
- **Driving is NOT permitted until you come out of your sling.**

### Appointments:

Dr Young - 2 weeks, 8 weeks & 6 months

NOTIFY DR YOUNG OR YOUR THERAPIST IF THERE IS ANY UNUSUAL OR INCREASING SWELLING, REDNESS OR PAIN

### Rehabilitation Guidelines

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| 0-4 (or 6) weeks:    | Sling full-time, NO active use of the operated arm.<br>Gentle exercises as instructed whilst in hospital  |
| 4 (or 6) - 12 weeks: | Active use of arm for gentle activities of daily living<br>NO lifting more than 1-2kg, no sudden pulling or pushing motions.<br>Commence formal rehabilitation with your physiotherapist. |
| 3-6 months:          | Normal use of arm but NO heavy lifting, i.e. >5kg, or sudden lifting or pulling motions.<br>Continue physiotherapy, introduce strengthening   |
| 6 months:            | Resume full activities including progressive return to sporting activities  |

Last Updated: 15/04/2016