



# Rotator Cuff Repair and Capsular Release

## Rehabilitation Guidelines

*You will have an **Ultrasling** which should be worn day and night for 48 hours, then day only.*

*The aim of the sling is to take some of the tension off the repair.*

*It is not necessary to wear the waist strap on the sling.*

*You can remove the sling for exercises and when sitting quietly—but keep the arm elevated on pillows or an armrest.*



**Durasoft** cold treatment commences and continues every 2 hours for 20 minutes regularly for the first 48 hours, and then as needed. Always keep at least one pack in the freezer.

### 12 to 16 Hours



#### Local anaesthetic block

*The block affecting your arm will begin to wear off, so it is advisable to begin taking the pain killers prescribed for you (eg panadeine forte).*



# Day 1

Start the following

## Phase 1 exercises

- **Elbow range of motion**

Take off the sling.

With elbow bent and your arm in front of your body bend and straighten you elbow.

- **Grip strengthening**

Grip a rubber ball, hold for five seconds and release.

- **Scapular strengthening**

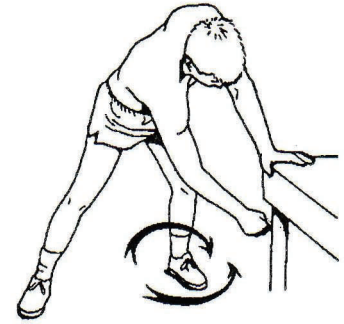
Pinch your shoulder blades back together, hold for five seconds and release

clockwise.

- **Pendular reach**

Bend over and rest with your good arm on a steady surface, eg a table, so that your operated arm is dangling in front of your body.

Swing the dangling arm left to right and then around clockwise and anti



*Pendular reach*

# Day 2

- **Gentle external-internal rotation**

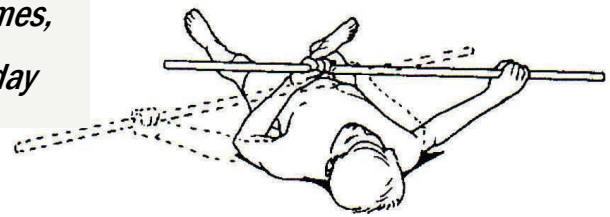
Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90° (see picture).

Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.

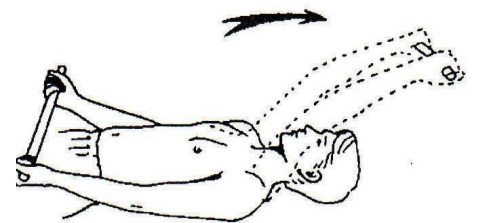
*Perform all the exercises ten times, three times a day*

- **Gentle Shoulder flexion**

Lay on your back. Hold the stick underhand with both hands. Slowly move the stick over your head, use your good arm to move the operated arm.



*External—internal rotation*



## What to expect

The pain is often worse at night, especially the first few nights.

Don't forget to use the ice and easy, and your pain medication.

Some patients find it more comfortable to sleep a little

*Phase 1 exercises are for the first 2 weeks*

more vertical, for instance in a recliner.

An increase in body temperature is common fol-

lowing an operation.

Don't forget to wear the ultrasling when you are up and about, and to rest you arm on a pillow or arm rest when you are sitting quietly.

## Day 8

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### Post-op visit

Your post-operative appointment should be around day 8, a Wednesday, at 12 p.m., at 17 Kensington Street.



### We will

- Remove your bulky dressing.
- Take out your stitches.
- Review your operation with you.

### You can now

- Get your shoulder wet.
- Continue Phase 1 exercises.
- Drive a car.

***The tendon takes about 6 weeks to heal to bone, so use the ultrasling and no overhead activities or lifting for six weeks***

## 1–4 weeks

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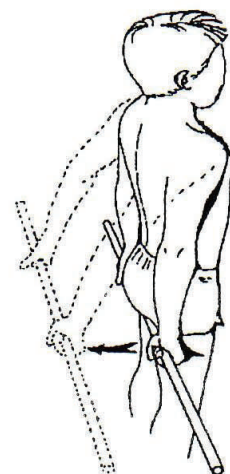
### Start the following Stick exercises

- **Shoulder extension**

Hold the stick using an *underhand* grip behind your back.

Push the stick backwards away from your back.

***Use your good arm to move the arm that has had surgery. Only move the shoulder in a comfortable range. Don't push through pain***



Shoulder extension

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## Other milestones

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### 6 WEEKS

- Post operative check up with us.
- No sling and commence Phase 2 exercises.
- Return to work with light duties only, lifting up to 5kg and no overhead work.

### 3 MONTHS

- Post operative/physio check up with us.
- Commence Phase 3 exercises.
- Commence light lifting up to 20kg and occasional overhead work of less than 15 minutes duration.

### 6 MONTHS

- Final visit with Prof Murrell.
- Return to full work and heavy sports.

