



DR CHEN TU PROTOCOL LARGE ROTATOR CUFF REPAIR

	Post op - check op note for variations of sling use & indication for surgery
On Discharge - 6 Weeks	<ul style="list-style-type: none">• Sling 6 weeks• Advice on sling management and axillary hygiene• Neck, elbow, wrist & hand exercises• Postural awareness and scapula mobility• Active assisted closed chain ROM in Safe Zone A (see below picture)• Kinetic chain rehabilitation, table slides• Thoracic spine ROM• Avoid combined abduction and external rotation and hand behind back• Remain in sling between exercises
6-8 Weeks	<p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none">• Wean from sling• Ensure addition of light proprioceptive exercises• Begin isometric strengthening in neutral - sub maximal (approx. 30%)• Progress active assisted ROM beyond Safe Zone A, as comfort allows• Commence gentle, supported anterior deltoid work in supine
8-12 weeks	<p>Patient must be comfortable with above phase before progression</p> <p>Ascertain functional goals and progress exercises as appropriate</p> <ul style="list-style-type: none">• Begin early rotator cuff strengthening through range• Active short lever kinetic chain rehab of the affected arm, progressing to long lever functional movement• Include anterior deltoid training- in supine
12 Weeks	<p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none">• Patient specific functional/sports training• Begin combined abduction and external rotation• Full kinetic chain rehab• Manual therapy to address any ROM deficits• No Zone Restrictions

Milestones	
Week 6-8	Wean out of sling, return to sedentary work, return to driving as able.
Week 10	Range 75% of normal
3-6 months	Full ROM, return to swimming, golf and lifting. Return to manual work as guided by surgeon/physiotherapist
6 months	Unrestricted activity



**PHYSIOTHERAPY
FOLLOW UP
RECOMMENDED**