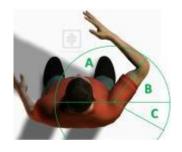


## DR CHEN TU PROTOCOL LARGE ROTATOR CUFF REPAIR

	Post op - check op note for variations of sling use & indication for surgery
	Sling 6 weeks
	Advice on sling management and axillary hygiene
	Neck, elbow, wrist & hand exercises
0 . 5'	Postural awareness and scapula mobility
On Discharge -	Active assisted closed chain ROM in <b>Safe Zone A</b> (see below picture)
6 Weeks	Kinetic chain rehabilitation, table slides
	Thoracic spine ROM
	Avoid combined abduction and external rotation and hand behind back
	Remain in sling between exercises
	Patient must be comfortable with above phase before progression
6-8 Weeks	Wean from sling
	Ensure addition of light proprioceptive exercises
	<ul> <li>Begin isometric strengthening in neutral - sub maximal (approx. 30%)</li> </ul>
	<ul> <li>Progress active assisted ROM beyond Safe Zone A, as comfort allows</li> </ul>
	Commence gentle, supported anterior deltoid work in supine
	Patient must be comfortable with above phase before progression
	Ascertain functional goals and progress exercises as appropriate
	Begin early rotator cuff strengthening through range
8-12 weeks	<ul> <li>Active short lever kinetic chain rehab of the affected arm, progressing to</li> </ul>
	long lever functional movement
	Include anterior deltoid training- in supine
	Patient must be comfortable with above phase before progression
12 Weeks	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