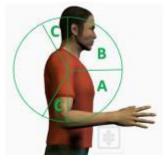
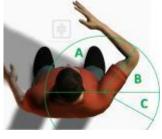


DR CHEN TU PROTOCOL SECURE/SMALL ROTATOR CUFF REPAIR

	Post op - check op note for variations of sling use & indication for surgery
On Discharge – 3-4 Weeks	 Sling for 3-4 weeks (check op note for sling variations) 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
4-6 Weeks	 Patient must be comfortable with above phase before progression Sub maximal isometric strengthening (approx. 30%) through available range Progress from active assisted to active ROM (short to long lever) HBB within limits of pain Begin cuff control exercises Kinetic chain with some weight bearing
6-12 Weeks	 Patient must be comfortable with above phase before progression Commence open chain rotator cuff strengthening (short to long lever) Kinetic chain functional rotator cuff and scapula control Begin stretching into combined movement ranges Patient specific functional/sports training, incorporating full kinetic chain rehab Safe Zone B
Week 12	 Patient must be comfortable with above phase before progression Begin combined abduction and external rotation Manual therapy to address any ROM deficits No Zone Restrictions

Milestones	
Week 4	Sling discarded, can return to driving as able and sedentary work
Week 6	Active assisted movement at least 80% of normal, sling discarded.
Week 12+	Full AROM, normal function, can consider return to contact sport, manual work and lifting





PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS