



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	<ul style="list-style-type: none">• 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	<p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none">• 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	<p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none">• 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	<p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none">• Begin combined abduction and external rotation• Manual therapy to address any ROM deficits• No Zone Restrictions

Milestones	
Week 4-6	Wean out of sling, can return to driving as able and sedentary work
Week 8-10	Active assisted range 75% of normal Minimal strength, lifting
Week 16+	Full AROM, near normal function Can consider return to contact sport, manual work and lifting



**PHYSIOTHERAPY
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RECOMMENDED**