



DR CHEN TU PROTOCOL LARGE ROTATOR CUFF REPAIR

Physiotherapy follow-up recommended



The aim is to protect the tendon repair while gradually restoring movement, strength and function.

0-6 WEEKS

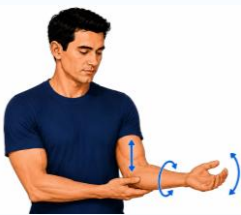
PROTECT THE REPAIR

- Sling for 6 weeks; check operation note for variations.
- Remove sling only for hygiene and prescribed exercises.
- Keep neck, elbow, wrist and hand moving.
- Posture, shoulder blade and thoracic mobility.
- Gentle protected movement and table slides as directed.

IMPORTANT

- ✗ No combined arm out and rotated back
- ✗ No hand behind back
- ✗ No heavy pushing or pulling
- ✗ Do not force or stretch

Exercise examples only — your physiotherapist will teach technique and progression.



Hand / wrist / elbow



Pendulum



Scapular setting



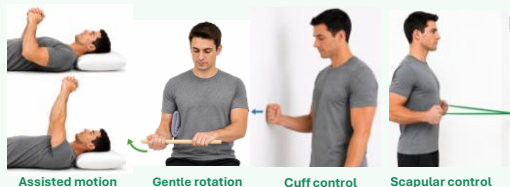
Table slide

Early movement should be comfortable and protected - not a stretch.

6-12 WEEKS

RESTORE MOVEMENT AND GENTLE CONTROL

- Wean from sling from 6 weeks as comfortable.
- Progress assisted to active movement as comfort allows.
- Begin light proprioception and submaximal isometrics.
- Gentle supported deltoid work in supine, as directed.



Assisted motion Gentle rotation Cuff control Scapular control

Exercises are progressed by your physiotherapist. Strengthening starts gently and only as directed.

12+ WEEKS

BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress rotator cuff strengthening and endurance through range.
- Begin combined movement ranges gradually if comfortable.
- Address any remaining movement deficits with physiotherapy.
- Introduce work or sport-specific rehabilitation.
- Return to heavier lifting and recreation gradually.



Cuff strength Scapular strength Shoulder control Functional drills

Return to heavier activity is based on comfort, strength and control, not time alone.

TYPICAL MILESTONES

1

6-8 WEEKS

- Wean out of sling.
- Sedentary work may be possible.
- Driving once safe and out of sling.

2

~ 10 WEEKS

- Movement around 75% of normal.
- Minimal strength and lifting.

3

3-6 MONTHS

- Aim for full movement.
- Progress swimming, golf and lifting.
- Manual work as guided.

4

~ 6 MONTHS

- Consider unrestricted activity once strength, control and confidence have returned.

KEY POINTS TO REMEMBER



Sling
6 weeks



Protect
repair



Do not
force
movement



Physio
guided

MOVEMENTS TO AVOID EARLY



Avoid actively lifting the
arm out to the side