

## **ROTATOR CUFF REPAIR**

### ***Immediate post-op care:***

**DAY 2: Remove bandages and replace with band aids (over the steri-strips)**

**Showering: Do not get incisions wet for the first 7 days**

**Pain medications: Take as prescribed**

### **PHASE 1 – Week 1-6**

**SLING: SIX weeks AT ALL TIMES, INCLUDING SLEEP.**

**Physical therapy: 7-10 days after surgery date for Passive Range of Motion ONLY.**

**NO DRIVING while in the sling.**

**AVOID ALL ANTI-INFLAMMATORY MEDICATIONS FOR 6 WEEKS SUCH AS: ALEVE, MOTRIN, IBUPROFEN, ADVIL, ASPIRIN (Unless prescribed for cardiac reasons)**

### **PHASE 2- Week 6-12**

**Physical therapy: Active and active assistive motion/ gentle stretching.**

**NO LIFTING ANYTHING HEAVIER THAN ONE POUND.**

**Begin to use your arm for activities of daily living**

**Bathing**

**Eating**

**Shaking hands**

**Driving**

### **PHASE 3- Week 12-20**

**Physical therapy: Being strengthening with therabands**

**No lifting anything heavier than 5 pounds---gradually increase**

**weight as you progress though therapy.**  
**Gradually return to normal activity**