



Arthroscopic Acromioplasty (Sub Acromial Decompression) with Rotator Cuff Repair (small/medium tears): Rehabilitation Protocol 2

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Purpose: To reduce pain and restore function in patients with rotator cuff tears.

This protocol is based on maintaining range of movement in the first phase and then gradually building strength in the middle to the last phase.

	Post op:
Day Case Unit and up to 2 weeks	<ul style="list-style-type: none"> • Broad arm sling • Elbow and wrist exercises • Outpatient Referral for 2 weeks
2 weeks	<ul style="list-style-type: none"> • Isometric cuff work • Side lying ext rotation • Biceps and triceps strengthening • Scapular strengthening • Passive ROM -pulley - slow
3/4 weeks	<ul style="list-style-type: none"> • Stick press ups - supine • Pendular exercises - supine
5/6 weeks	<ul style="list-style-type: none"> • Resisted exercises below shoulder height • Progress shoulder ROM
8 weeks	<ul style="list-style-type: none"> • IF GOOD ROM AND STRENGTH, advanced overhead strengthening and closed chain wall push ups
10 weeks	<ul style="list-style-type: none"> • Proprioceptive training • Close grip press up
12 weeks	<ul style="list-style-type: none"> • Activity and work specific

Return to functional activities

These are approximate and may differ depending upon how rehabilitation is progressing, however these are recommendations as to how early these activities may commence

Return to work	Sedentary job: 3 weeks Manual job: Guided by Surgeon
Driving	6 weeks as able
Lifting	3 Months (Then guided by the strength of the individual patient)
Swimming	Breaststroke: 6 weeks Freestyle: 3-6 months
Golf	3-6 Months