



Open Acromioplasty (Sub Acromial Decompression) with Rotator Cuff Repair (large tears): Rehabilitation Protocol 3

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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 2-4 weeks • Full ROM elbow, wrist and hand • Shoulder pendular exercises • Passive ext rotation • Outpatient Referral for 2/52
2/3 weeks	<ul style="list-style-type: none"> • Passive ROM - pulley • Passive supine flexion
4/5 weeks	<ul style="list-style-type: none"> • Biceps/triceps strengthening • Scapular strengthening • Active assisted flexion - supine • Active assisted ext rotation - supine
8 weeks	<ul style="list-style-type: none"> • Horizontal extension to midline - prone
10 weeks	<ul style="list-style-type: none"> • Side lying ext rotation • Stick press up - supine
12 weeks	<ul style="list-style-type: none"> • Advanced overhead strengthening • Close chain wall push ups
14 weeks	<ul style="list-style-type: none"> • Close grip press ups • Proprioceptive training
16 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 months
Golf	3 Months