

Week 0-4:

- SLING: Please keep shoulder abduction sling on at all times including sleep
 - The only exception is pendulum exercises three times a day. You can also come out of the sling to stretch elbow and hand only 2-3 times daily
 - The pillow component may help protect the repair
- Use ice to bring down swelling for 20 minutes once per hour. If you have an ice machine, you can use as long as you like, unlimited
- You will be sent home with a prescription for pain medications, stool softener, and anti-nausea medication. You should take this for baseline pain and add an NSAID for severe pain.
- No active range of motion or active use of the arm is allowed for first four weeks
- Table slides and supine active assisted range of motion with the other hand allowed 2-3 times per day for 5 minutes.
- If you use the arm actively within the first 6 weeks you may re-tear your rotator cuff repair
- The arm should feel better each day and each week. If the pain becomes difficult to control or you notice increasing redness, swelling or drainage—please contact us immediately.

Weeks 4-8:

- Start weaning out of sling, use the arm for gentle activities such as lifting a glass of water or telephone.
- Start passive and active assisted range of motion:
 - Forward flexion: 90° to full as tolerated.
 - Internal: rotation full
 - External rotation: 45° to full as tolerated.
- Range of motion exercises: Codman, cane stretches etc.
- Isotonics and scapular stabilization: To tolerance at side

Weeks 8-12:

- Range of motion goals: Progress to fully functional range of motion
- Range of motion exercises: Cane, pulley, internal rotation stretch.
- Strengthening: Isotonics in functional range of motion, integrate rotator cuff with scapular stabilization.
- Scapular stabilization: With resistance, integrate scapular stabilization and CORE.

Weeks 12+:

- May begin using arm for gentle overhead activities
- No heavy overhead activities until 16 weeks (or 4 months) postoperatively
- No contact sports or pullups/pushups until 6 months postoperatively

Pendulum

