



## Rotator Cuff Repair

### WEEK 1:

- It is important that you always remain in your sling during the first week. Anchor(s) and sutures have been used to tack down the rotator cuff and it is crucial that the shoulder is supported to allow for adequate healing.
- You may use an ice pack as much as you would like in the first several weeks to help decrease pain and swelling. Ice for 20-30 mins every 1-2 hours as needed.
- You may begin to work on gentle flexion and extension of your elbow to prevent unnecessary stiffening.

### WEEKS 2-4:

- You should follow-up in the clinic for your first post-op evaluation approximately 1 week after surgery. We will check your incision, monitor and manage your pain and discuss further post-operative plans.
- The bulky dressing will be removed at the first post-op visit. You may now shower with the incision uncovered. While running water is fine, it is important that you not submerge the incision- NO baths, pools or hot tubs until the incision is completely healed. This usually takes 3-4 weeks.
- You will likely be cleared to start pendulum exercises after this visit. These should be done 3-4 times daily, building up to 10-15 minutes in duration. This is primarily a passive, gravity assisted motion to be done both forward and backwards, in circles no larger than a dinner plate. Pendulum swings and elbow flexion/extension are generally the only exercises done until 5 weeks post-op.
- It is important that you continue to always remain in your sling except when doing pendulum exercises or showering. In other words, wear your sling 23/7.

### WEEK 5:

- Now for the hard part! Physical therapy generally begins at week 5-6. We will help you choose a therapist at your 2<sup>nd</sup> post-op visit. Therapy is done 2-3 times per week to help regain motion and strength and is vital in your recovery.
- You may begin to wean yourself from the sling. We encourage you to begin by removing the sling while at home. You may wish to wear the sling in public for an additional week.

### WEEK 6 AND BEYOND:

- A second follow-up visit will be scheduled for post-op week 6. Your progress will be evaluated to include range of motion and strength. Any issues or concerns will be addressed at this time as well.
- Physical therapy will likely last for a total of 2-4 months.
- In general, understand that you will have some good days and some bad. This is normal for all patients. You can expect a gradual increase in range of motion and strength roughly 3+ month period.

## MEDICATIONS:

### 1. Medications:

#### A. Blood thinners:

- \_\_\_\_\_ Aspirin 325mg once a day X 4 weeks
- \_\_\_\_\_ Xarelto 10mg ONCE daily 10 days

#### B. Pain Medication:

- \_\_\_\_\_ Percocet 5/325mg (oxycodone 5mg/acetaminophen 325mg)
  - \_\_\_\_\_ Ibuprofen 800mg 3 times a day, not to exceed 2,400mg a day
  - \_\_\_\_\_ Tylenol 1000mg 2 times a day, not to exceed 3,200mg in a day
- Other:

**\*\*DO NOT TAKE PERCO CET AND TYLENOL IN COMBINATION\*\***

**\*\*\*\* Please call our office at 907-771-3500 before you run out.  
Allow 48-72 hour notice as per our office policy. \*\*\*\***

#### C. Laxatives / Stool Softeners:

Choices are:

- MiraLAX 17g (1 TBSP) in 8 oz water per day (OTC)
- Senokot 2 tabs once per day (OTC)
- Colace 100mg 1 tab once per day (OTC)
- Milk of Magnesia 30ml once per day (OTC)
- Dulcolax suppository once per day

## PENDULUM SWINGS:

