



Jeffrey H. Berg, M.D.
Stephanie Clop, M.D.
Thomas B. Fleeter, M.D.
George Kartalian, M.D.
David R. Miller, M.D.
Dhruv B. Pateder, M.D.
James D. Reeves, MD
Raymond Thal, M.D.

1800 Town Center Drive, Suite 300 Reston VA 20190 • 6201 Centreville Road, Suite 600 Centreville VA 20121
Phone: 703-435-6604 • Fax: 703-787-6575 Phone: 703- 378- 4860 • Fax: 703-378-4868

Rotator Cuff Repair

Recovery Timeline

Week 1-4 Post-Surgery

- Wear sling day and night for 4 weeks (see sling education handout)
- We DO NOT recommend that you drive while you are required to wear your sling
- See your Physical Therapist 2 days after surgery for instructions on home exercises
- Perform exercise program given by PT
- Use ice or Game Ready device for pain and inflammation
- 1 week follow up with M.D. and sutures removed

Week 2 Resume Physical Therapy sessions 1-3x/week

- You will perform gentle Range of Motion (ROM) exercises with your PT and at home
- You may ride a stationary bike

Week 4

- Discontinue using sling at home. You will continue to use sling while in public for 2 more weeks
- 4-5 weeks from surgery you will have a follow-up appointment with your M.D.

Week 6-8

- Progress active and passive range of motion of your shoulder
- You will begin resistive exercises for your shoulder and back
- You and your therapist should emphasize correct mechanics with shoulder movement



Jeffrey H. Berg, M.D.
Stephanie Clop, M.D.
Thomas B. Fleeter, M.D.
George Kartalian, M.D.
David R. Miller, M.D.
Dhruv B. Pateder, M.D.
James D. Reeves, MD
Raymond Thal, M.D.

1800 Town Center Drive, Suite 300 Reston VA 20190 • 6201 Centreville Road, Suite 600 Centreville VA 20121
Phone: 703-435-6604 • Fax: 703-787-6575 Phone: 703- 378- 4860 • Fax: 703-378-4868

Weeks 8-12

- You will resume functional activities including reaching and lifting light weight
- Progress pain free strengthening of your shoulder

Weeks 12-20

- 3-month follow-up with M.D.
- You may resume running if approved by your surgeon
- Include plyometrics exercises (i.e. chest pass, overhead pass)
- Progress functional and sport specific activities

6 months

- May resume shoulder intensive activities, overhead sport activities, contact sports
- 6-month follow-up with M.D