



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

1860 Town Center Dr., Suite 300 Reston, VA
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA
(703) 378-4860

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 cool therapy device for pain and inflammation
- 1 week follow up with MD 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 when at home or office, when awake and alert. You will continue to use sling while in public and sleeping for 2 more weeks
- 5 weeks after surgery you will have a follow-up appointment with your MD

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

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 MD
- You may resume running at 4-5 months
- Include plyometric at approximately 4 months 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 if cleared by your MD
- 6-month follow-up with MD