



Rotator Cuff Repair

What is the rotator cuff?

The rotator cuff is a group of muscles closely wrapped around the top of your arm (humerus). They help to stabilise the shoulder joint and control shoulder movements. These muscles originate from your shoulder blade to the top of your arm bone.

They can be damaged through general wear and tear and/or after a fall/injury. If one or more of these muscles are damaged, movement can become weak and painful.

What happens during my surgery?

The aim of the operation is to repair the tear in the muscle/tendons. A number of small incisions are made to enable access to the shoulder joint. A small camera is used to clearly visualise inside the joint and repairs are made as required. Often a ligament is also released and a small bone may be shaved away to allow more space for your repaired muscle to heal.

What should you expect after surgery?

Sling

Your sling is essential to protect your repair. You must wear your sling for weeks as advised by your physiotherapist. This must be worn continuously day and night. The sling can be removed only to do your exercises and to wash and dress. Information regarding application of your sling is available from nursing staff. You can find a video showing you how to use your sling on the Hospital website using the following link: roh.nhs.uk/rotator-cuff-repair

Pain relief

A nerve block is sometimes used during surgery which means your arm may feel numb immediately after your operation. It is normal to feel some pain as the block wears off and you will be provided with some painkillers to help with this. It is important to take these as prescribed to keep pain to a minimum.

Ice

Ice can be helpful to reduce pain/swelling. Protect your dressings from getting wet with a plastic bag. Wrap a bag of ice/frozen peas in a damp towel and apply for 10-15 minutes. This can be repeated every 3-4 hours.

Wound care

Your wounds will need to be kept clean and dry. The nursing staff will provide you with more information about wound care on discharge.

Driving and work

You must not drive whilst wearing your sling. Please discuss this with your consultant or physiotherapist. When you can return to work will depend on what job you do. Your physiotherapist or consultant will be able to advise you on this.

Leisure activity and sport

The timescale for returning back to sport depends on your movement, strength and particular sport in mind. Please speak to your physiotherapist regarding this.



Rotator Cuff Repair

Rehabilitation

Outpatient physiotherapy will normally commence around 1 week after surgery. This should be organised before you are discharged. Rehabilitation is essential if you are going to get the most out of your shoulder operation.

You will need to start some gentle exercises before you are discharged from hospital and continue to do these regularly at home until you see your physiotherapist. These are all detailed on the following pages and there is also a video demonstrating how to do these on the following website:
roh.nhs.uk/rotator-cuff-repair

How quickly will I get back to normal?

Whilst your shoulder is in the sling you will be more or less one handed for all activities of daily living. Once out of your sling, you will be able to use your arm more as advised by your physiotherapist.

Remember, your shoulder will take approximately 4 to 6 months to significantly improve, with improvement continuing for 12-18 months.

If you have any questions or need any advice about your exercises then please contact the Physiotherapy Department between 8am-4pm Monday to Friday on 0121 685 4120.

Instructions for after your operation:

Rotator Cuff Repair

Personal Exercise Program

RCR



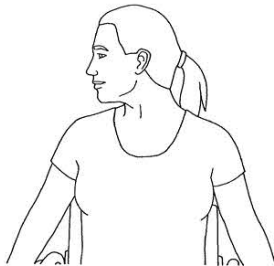
Royal Orthopaedic Hospital NHS Foundation Trust
Royal Orthopaedic Hospital
Bristol Road South, Northfield, B31 2AP, Birmingham, United Kingdom



©Physiotools

Sit with a straight back.

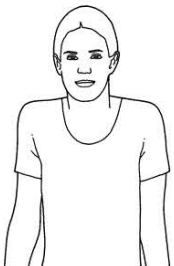
Bring your chin towards your chest and bend your neck. Repeat 5 times then lift your chin so your head goes backwards, repeat 5 times.



©Physiotools

Sit with a straight neck.

Carefully rotate your head from side to side. Repeat 5 times



©Physiotools

Sit or stand.

Lift your shoulders - relax.

Repeat 10 times.



©Physiotools

Sit. Place your hand on the front of the opposite shoulder. Feel your shoulder with your fingers making sure that the shoulder does not come forward.

Move your shoulder gently back into the shoulder socket (small movement).

Hold 5 seconds.

Repeat 10 times.

Rotator Cuff Repair



©Physiotools

Sit on a chair. Keep your operated arm in the sling!!!

Tighten the muscles between your shoulder blades and push your chest forward.

Hold 5 seconds.

Repeat 10 times.



©Physiotools

Stand. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand if required. Straighten your elbow.

Repeat 10 times.



©Physiotools

Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm.

Repeat 10 times.



©Physiotools

Forearm supported on a table.

Bend and straighten your wrist keeping your fingers straight throughout the exercise.

Repeat 10 times.



©Physiotools

Make a fist.