

# After Your Rotator Cuff Repair Shoulder Surgery

## Dr. Paul Nielsen

### Dressings and Wound Care

- After surgery you will have a bulky dressing on your shoulder for the first day
- The day after surgery, you should remove the bulky dressing but leave the light tan colored Mepilex dressing underneath
  - The Mepilex dressing stays on until follow up
  - You can shower over the Mepilex dressings
  - Place band-aids over the poke-hole type incision and sutures daily

### Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
  - Valium is also prescribed to help with muscle spasms
  - You are allowed to drive when you are not taking prescription pain medication

### Activity

- Keep your arm in the sling except for exercises and showering
- Move your hand, wrist, and elbow joints immediately after surgery
- Do Codman's (shoulder pendulum) exercises and table slides at least 3 times daily after surgery
  - See next page for exercise pictures

### Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
  - Additional appointments are at 6 and 12 weeks after surgery
- Formal therapy is usually started at 2 weeks after surgery

### Results

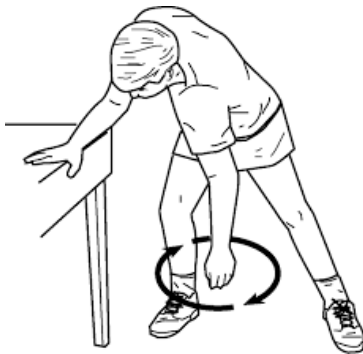
- Some soreness and stiffness often persists until 6-12 months after surgery
- About 75-80% of patients have a full recovery after this surgery

# Exercises Immediately After Rotator Cuff Repair Surgery (0-2 Weeks)

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### Shoulder Pendulums (Codman's)

- Lean over either standing or in a chair with the repaired arm hanging freely
- Move your body in a gentle circular motion so that your arm rotates
  - Try to use your body to make the shoulder move, not the strength of your shoulder



### Table Slides

- Rest your hand on the table to start
- Slowly “walk” your hand forward on the table to move your shoulder forward
  - Keep the entire forearm resting on the table to avoid over-using the shoulder
- Then “walk” your hand back towards you until your elbow is at your side again

