



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Rotator Cuff / Labral Repair (Accelerated)

- Dressing stays on till POD#4, can take shower afterward if no drainage
- Sutures will be removed at 2 weeks
- 0-4 weeks: Ultrasling at all times except hygiene, elbow/wrist/hand exercises, no passive or active use of the arm
- 4-12 weeks: sling off during day, 2 more weeks for sleep, pendulum, supine passive assisted exercises until ROM gets normal, lift < 2lb, ok to drive after 6 weeks
- 3-6 months: continue stretching, resistance bands, isometric exercises and after 4 weeks transition to weight training supine and gradually sitting, lift < 10lb
- Return to work with limited duty at 2-3 months, full duty 4-6 months, Contact sports > 4 months