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## **Rotator Cuff Repair (Shoulder)**

### **Surgery:**

1-2 hours

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for  
pain control

### **Goals:**

Repair Torn Rotator Cuff Tendons

Remove Scar tissue, inflammation, bone  
spurs

Decrease pain/Improve Function

### **General Timeline After Surgery**

0-6 weeks Post-Op –

Non weight bearing. No ACTIVE movement of the shoulder. Physical therapy will  
PASSIVELY move the shoulder.

Wear Sling at all times (including sleeping) except showering and physical therapy

### **Begin Physical Therapy 1 week post-op**

6-8 weeks Post-Op –

Active-Assisted range of motion. Wean from shoulder sling. No lifting with the arm.

8-12 weeks Post-Op –

Begin active range of motion. Work on isometric exercises. NO resistance exercises.

3-4 months Post-Op –

Full range of motion. Begin resistance exercises and light strengthening.

4-6 months Post-Op –

Gradual return to using the arm for all activities. Ok for golfing (short game) and fishing  
with all activities as tolerated at 6 months.

### **Additional restrictions if a biceps tenodesis or subscapularis repair is performed**

Typical post-op appointments at 2 weeks, 8 weeks, 4 months post-surgery

### **Dr. Todd's Contact Information**

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