

# Rotary Cuff Surgery

## Information for Patients



**This leaflet has been written to give you the right information about rotary cuff surgery and what you can do to help with your recovery.**

The following information and advice has been written in line with the physiotherapy and surgical teams at James Paget University Hospital.

If you have had your surgery at another hospital or you were given specific instructions that are different to the information below, you should consult your surgeon or physiotherapist before undertaking any of the exercises/advice.

### What is rotary cuff repair?

The rotator cuff is the name given to 4 muscles and their tendons that have an important role in the normal function of your shoulder. A rotator cuff repair is when a surgeon repairs an injured tendon/s to try and help you regain the normal use of your shoulder.

### How long should I use the sling for?

For the first 6 weeks, you should wear your sling all the time, including at night to give your repaired tendon the best chance to recover. The only times you should take your sling off are to exercise, dress or wash.

### Am I allowed to use my shoulder?

For the first 2 weeks, you are able to complete your shoulder exercises that have been given to you by the hospital, but otherwise, you should allow it to rest in the sling. You are able to exercise your elbow, wrist and hand as much as you like, as long as the shoulder is supported.

### I've been given exercises by the hospital, should I carry on with these?

You will hopefully have been given some exercises in a booklet from your hospital. You should continue with these for the first 2 weeks after your surgery. We have added some exercise ideas (not all that appear in your booklet from the hospital) on the other side of this page which might help you get the best out of your technique.

### Is there anything I should avoid?

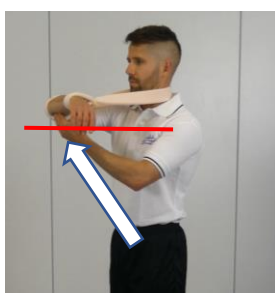
It is important to give your tendon repair the best chance of recovering, therefore, there are a few things that you should be aware of and try to avoid:

- Do not move the shoulder by itself for the first 6 weeks
- Do not turn your arm outwards too far (see below)
- Do not lift your arm too high (see below)
- Keep the wound dry for the first 10 days

**Do not turn your operated arm further outwards than shown in the picture for the first 6 weeks.**



**Do not go higher than shown in the picture for the first 6 weeks.**



If you would like to know more about rotator cuff surgery or find a greater choice of exercises, you can explore our dedicated webpage.

**Search online: [Norfolk and Waveney MSK services](#) 'rotator cuff'**



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

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