

What to Expect Following your Rotator Cuff Surgery

We look forward to the opportunity to provide you exceptional interdisciplinary care following your Rotator Cuff surgery. Our team of physicians and physical therapists will work alongside you during your rehabilitation process over the next 6 months and will adapt the below timeline to best suit your individual needs.

Anticipated Timeline

- Phase 1 (Typically weeks 0-6)
 - Goals: manage pain/swelling, restore range of motion, normalize posture
 - PT Expectations
 - Begin formal PT 1-2 weeks post-operative
 - Sling use directed by surgeon and physical therapist
- Phase 2 (Typically weeks 6-10)
 - Goals: manage pain, progress range of motion
 - PT expectations
 - Continue range of motion exercises, initiate active assisted and active range of motion progressions as tolerated
 - Initiation of isometric strengthening and scapular stabilization exercises
- Phase 3 (Typically weeks 10-12)
 - Goals: manage pain, progress range of motion, begin light strengthening per physician protocol
 - PT expectations
 - Continue range of motion exercises, initiate active assisted and active range of motion progressions as tolerated
 - Initiation of light strengthening and progression of scapular stabilization exercises
- Phase 4 (Typically weeks 12-24)
 - Goals: full range of motion, progress strengthening
 - PT Expectations
 - Continue progression of strengthening
- Phase 5 (Typically weeks 24+)
 - Goals: continue strengthening, begin return to sport activities
 - PT Expectations
 - Continue progression of strengthening
 - Dynamic mobility and stability program progression

While we recommend you attend PT with Panorama Physical Therapy, if you are not seeing one of our clinicians, please do not hesitate to reach out to our team with questions, **PT-sports@panoramaortho.com**, we are more than happy to assist you.