



# ROTATOR CUFF REPAIR

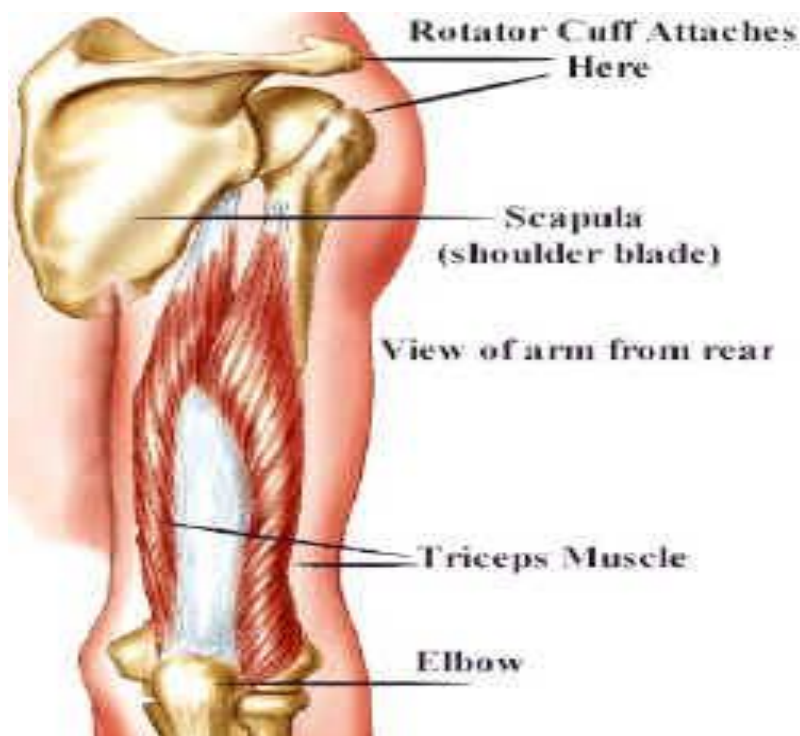
*Date of Surgery* \_\_\_\_\_

QHC#19

## What is Rotator Cuff Repair?

The rotator cuff is made up of four muscles in the shoulder and upper arm. The muscles are attached to bones by tendons. These muscles provide stability to the shoulder joint and help the shoulder joint to function. A tear usually is to the tendon, but may also involve a muscle. Surgery is required if a person is unable to raise their arm or there is continued pain and weakness.

Surgery is done under anaesthetic. An incision is made in the shoulder. The torn tendon is reattached to the upper bone with stitches or anchors.



## **After the Procedure**

When you leave the hospital, you will have a prescription for pain medication and physiotherapy will be arranged as an outpatient. There will be a dressing on the shoulder and your arm will be in a special sling to keep the shoulder and arm from too much movement.

Ice may be applied to the shoulder to help reduce swelling and for comfort.

## **Guidelines at Home**

Physiotherapy will be required with exercises instructed to be done for approximately 8 weeks, to regain as much shoulder use as possible. Length of time off work may be several months and should be discussed with your doctor.

Instructions regarding your dressing will be discussed with you by your surgeon.

Stitches are usually removed in 2 weeks at your follow-up doctors appointment.

A sling is usually worn for 6 weeks.

**Contact your doctor or go to the nearest Emergency Department if you experience:**

- Pain not controlled by pain medication

## **Appointment**

Call your surgeons office to make a follow-up appointment.

## **Special Instructions**

## **Questions?**

Developed By: Surgical Preadmission Clinic, 2003  
Approved By: Department of Orthopaedics, Quinte Health Care  
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