

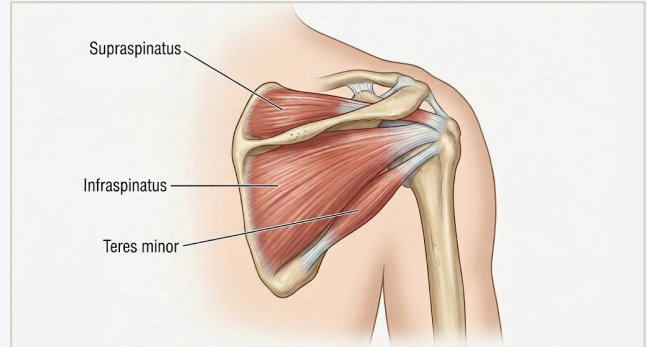


UNDERSTANDING YOUR SURGERY

Rotator Cuff Repair

Overview

The rotator cuff is a group of four tendons that hold the ball of your shoulder in its socket and let you lift and rotate your arm. When one of these tendons tears, this keyhole operation reattaches it to the bone using small anchors, restoring strength and easing pain.



About Your Procedure

Why this surgery is recommended

- Pain and weakness from a cuff tear that hasn't settled with physiotherapy and injections
- A large tear that is significantly affecting daily activities or sleep
- Best chance of restoring strength for overhead and lifting tasks

What happens during surgery

- Usually keyhole (arthroscopic) — 3 to 4 small incisions
- Torn tendon stitched and anchored back to the bone
- General anaesthetic with a nerve block for comfort
- Usually a day procedure or one overnight stay

After Your Surgery

- Arm in a sling for **4–6 weeks** (6 weeks for large tears)
- Physiotherapy starts within **1–2 weeks**
- Assisted movement only at first — no active lifting for 6 weeks
- No driving for **6 weeks** after surgery

Important precautions:

- Do not actively lift your arm above shoulder height for 6 weeks
- Wear the sling at all times except showering and exercises
- Avoid lifting anything heavier than a cup for 6 weeks
- Tendons take 3–4 months to firmly heal — be patient with the repair

Your Recovery at a Glance

WEEKS 1–6

Sling on. Physio moves the shoulder for you

MONTHS 2–3

Active movement begins. Sling comes off

MONTHS 3–5

Progressive strengthening

MONTHS 9–12

Return to overhead sport or heavy work

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
