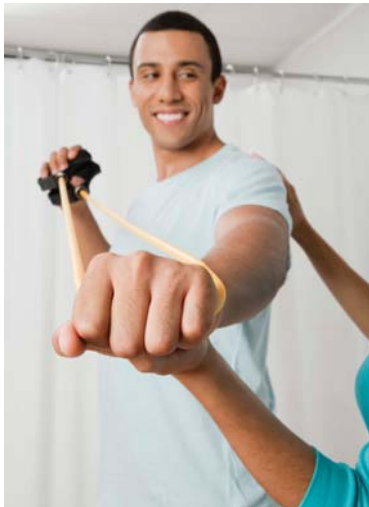


## Rotator Cuff Surgery Recovery Time



**Y**our surgeon said it might take almost one year to be able to function normally after your rotator cuff surgery, but your friend had the same surgery and was doing well within 4 months. What explains the discrepancy in the length of recovery time?

One important factor affecting the recovery period is the size of the tear and the severity of such symptoms as pain and difficulty performing daily activities such as getting dressed or lifting household objects. The technique employed by the surgeon to fix the tear will have a dramatic impact on your recovery, as well. **Some surgeries involve large incisions and longer recovery time; others use newer, less-invasive techniques, resulting in shorter recovery time.**

Your general health plays an equally important part in the length of your recovery, too. For example, your friend, an active, healthy athlete with good muscle tone (and high-quality tissues), had a minimally invasive repair for a small tear caused by a one-time sports injury. In contrast, say, your rotator cuff problem was degenerative in nature, the result of years of overuse and strain. Perhaps the pain involved in your injury kept you out of the gym, and your tissue quality has become rather poor. Add to the equation the fact that your large, complex tear was fixable only through an open repair, which is far more extensive surgery. For these reasons, you are looking at a much longer recovery time.

Scar tissue, smoking, poor nutrition or other health issues can also impede your progress. Regardless, **recovery simply takes longer for certain people; it can often take up to a year for a complete recovery.**

Recovery tends to be easier the earlier a physical therapy program is begun. We can personalize a physical therapy program especially for you. We will also teach you how to avoid re-injuring the repaired rotator cuff. By working diligently with us, not putting any time limits or pressure on yourself and following this program, you will regain movement and reduce your pain.