

Worker's Rotator Cuff Tears Surgery & Recovery

Patients of John J Christoforetti, MD FAAOS



Patient Recovery & Work Return Timeline

- **Day of Arthroscopic Surgery**
 - Report to employer

- **Day 1**
 - *Dr Christoforetti or PA Office visit*
 - *Therapy begins*

- **2 weeks postop**
 - *Dr Christoforetti or PA office visit*

- **6 weeks postop**
 - *Dr Christoforetti or PA office visit*
 - **Light Duty Return**
 - No use of arm
 - OK to drive short distances

- **3 months postop**
 - *Dr Christoforetti or PA office visit*
 - **Light Duty Limits Change**
 - 5 lb lift/carry limit

- **6 months postop**
 - *Dr Christoforetti or PA office visit*
 - **Full Duty Clearance ***



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Patient Centered Orthopaedics

P: 412.578.5508

**** If a LARGE or IRREPARABLE tear is treated, the patient can choose limits based on the danger of serious re-injury.***

- **Permanent limits:**
 - **5 pounds overhead, 25 pounds below the shoulder**
 - **No repetitive overhead work**
 - **No climbing or crawling**