



# HEALTH

## UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

### Rotator Cuff Repair

#### Surgery:

- 2-3 Hours Long
- Outpatient Surgery
- Anesthesia will offer a local nerve block to help with pain control

#### Surgical Goals:

- Repair the rotator cuff tendon, tying it down to the bone using anchors and non-dissolvable suture
- Assess condition of the biceps tendon and clip it if necessary, reattaching it elsewhere in the shoulder to reduce pain.

#### General Timeline After Surgery:

- **0-1 week** Post Op: Stay in your sling at all times, focusing on comfort, hand/wrist/elbow motion, neck range of motion, shoulder shrugs. Control pain, weaning narcotic medication as soon as you are able. Physical therapy, unless otherwise noted, will start between 4-6 weeks post operatively
- **1-6 weeks** Post Op: Begin therapy as noted and continue to focus on comfort. May begin to take the sling off for showering and while seated. Therapy will work on advancing passive range of motion, meaning they will help guide you through motion exercises as tolerated.
- **6-12 weeks** Post Op: Transition from passive to active assisted range of motion. Do not start strengthening until 3-4 months post operatively, particularly if you have not advanced motion.
- **3-6 months** Post Op: Begin light strengthening as directed by therapist, continue to maintain range of motion.
- **6-9 months** Post Op: Gradual return to lifting and repetitive activity and sports. Continue to progress therapy and home exercise program.
- **Return to work will largely depend on the type of work you do. Light desk work at a keyboard can begin 1-2 weeks post op, while any lifting or repetitive motions may not be approved until 5-6 months post op.**
- **Post Op appointments generally scheduled around 1-2 weeks, 6 weeks, 3 months, 6 months and 9-12 months**

#### Dr. Burks' Team Contact Info:

For More info, please see [robertburksmd.com](http://robertburksmd.com)

##### Clinic/Pre and Post Op Questions

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