



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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Recovery & Rehabilitation Summary

Topic	Bone Spur Removal (SAD/DCR)	Rotator Cuff Repair & Biceps Tenodesis	Labral Repair & Capsular Shift
Time off work 1) Office Work 2) Manual Work	5-7 Days 4-6 Weeks	(Full time sling first 6 weeks) 5-7 Days 3-6 Months	(Full time sling first 4-6 weeks) 5-7 Days 3-6 Months
Time in Sling	1-2 days	6 weeks	4-6 weeks
Time in Therapy	6 weeks	12-15 weeks	12-15 weeks
Time to "Full Recovery"	6-12 weeks	6-12 Months	6-12 Months
When able to take Anti-inflammatories	Not Applicable	After 5 days	After 5 days
Work Status (estimates) 1) Light Duty 2) Full Duty	5-7 days 6 weeks	6-12 Weeks 3-6 Months	6-12 Weeks 3-6 Months

Topic	Shoulder Replacement
Time off work 1) Office Work 2) Manual Work	(Full time sling first 6 weeks) 5-7 Days 3-6 Months
Time in Sling	6 weeks
Time in Therapy	12-15 weeks
Time to "Full Recovery"	6-12 Months
When able to take Anti-inflammatories	After 5 days
Work Status (estimates) 3) Light Duty 4) Full Duty	6-12 Weeks 3-6 Months