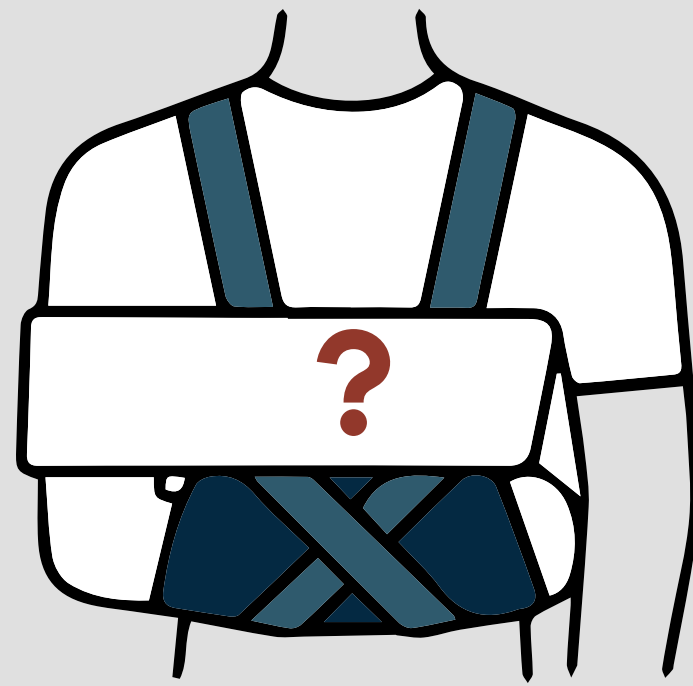


Sling or No Sling After Rotator Cuff Repair

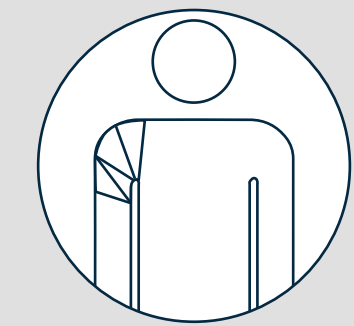
Patients are advised to wear a sling, despite possible negative effects of delayed mobilization



Postoperative outcomes of rotator cuff repair were compared in 80 patients with small to medium rotator cuff tears



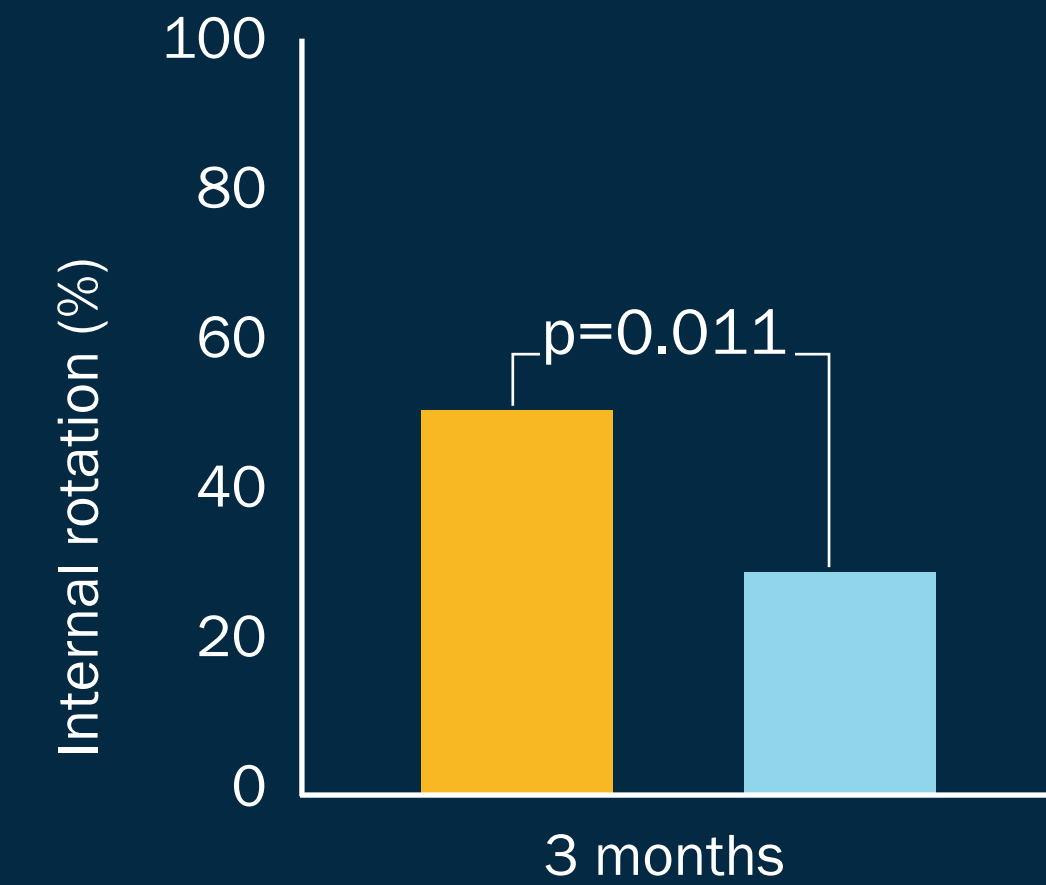
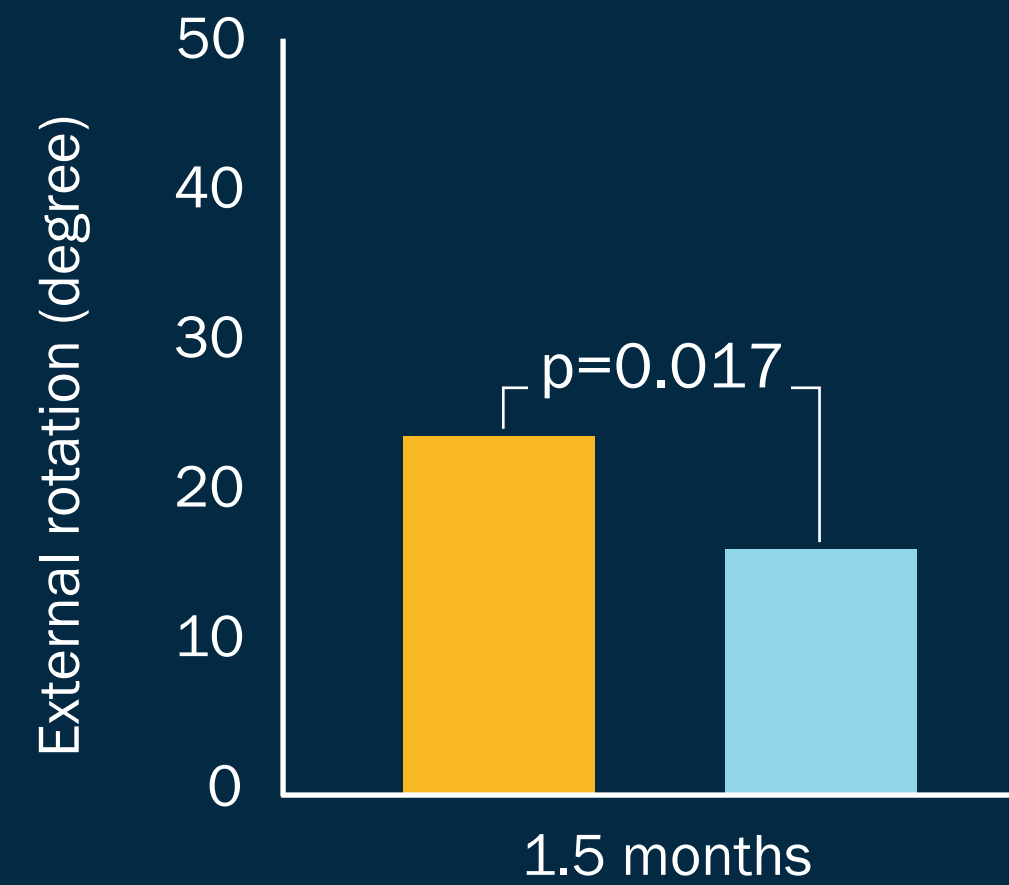
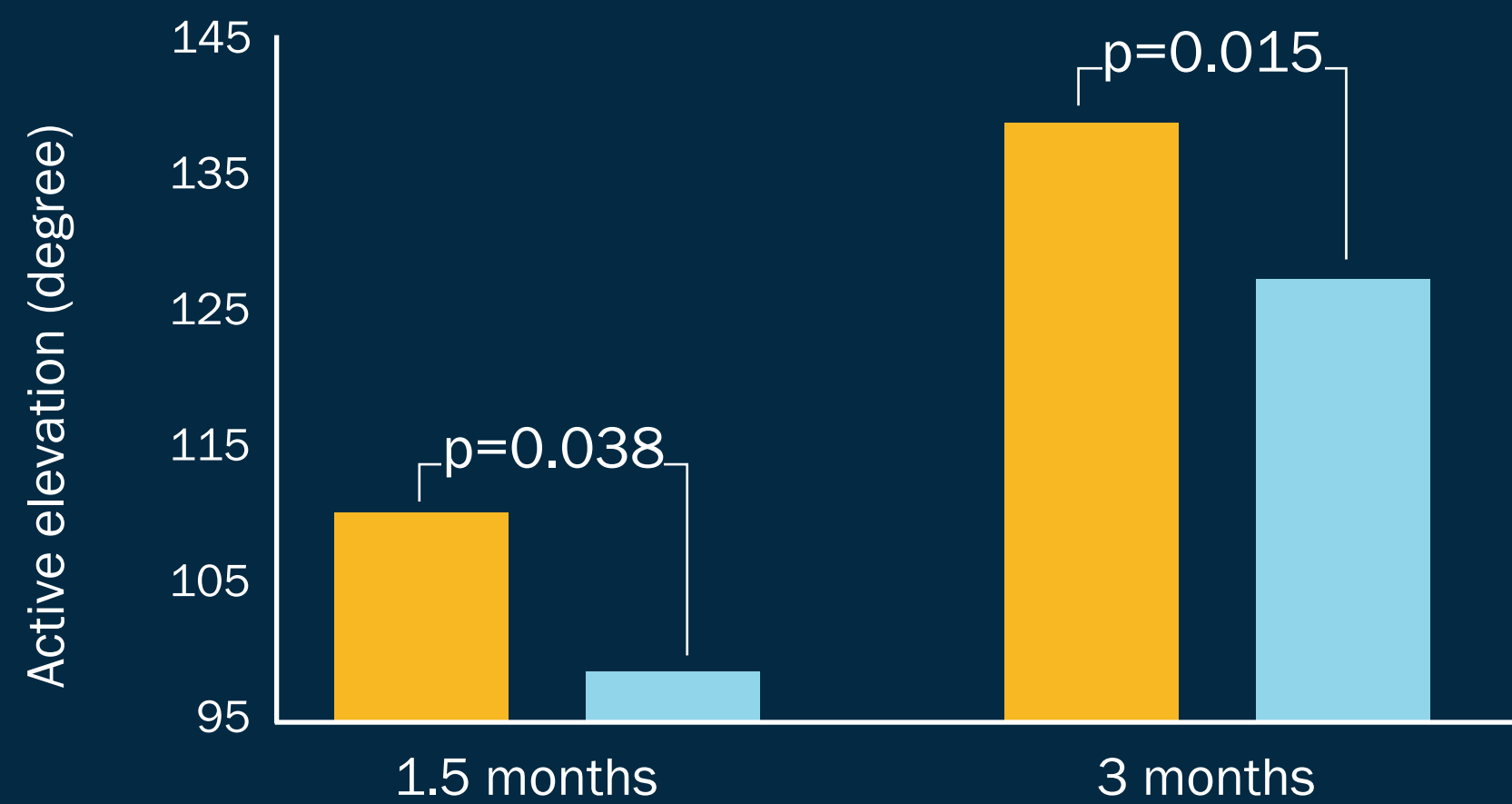
Sling
(4 weeks)



No-sling

Identical rehab

No-sling group showed better postoperative outcomes and earlier mobilization



Postoperative immobilization is not necessary after small to medium rotator cuff repair

Postoperative Mobilization After Superior Rotator Cuff Repair: Sling Versus No Sling: A Randomized Prospective Study

Tirefort et al. (2019)

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