

ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

Post-op phase	Sling	Range of Motion	Therapeutic Exercise	Precautions
<p>Phase 1 0 to 6 weeks</p> <p><u>Goals:</u> *Maintain integrity of the repair *Do not overstress healing tissue *Gradually increase passive range of motion *Diminish pain and inflammation *Prevent muscular inhibition</p>	<p>Per MD</p> <p>Position in neutral rotation to avoid excessive shoulder IR</p> <p>Pendulum exercises several times a day</p>	<p><u>PASSIVE ROM ONLY</u></p> <p>Small: FF 145, ER in scaption 75, ABER 80, IR in scaption as tolerated *may begin AAROM at week 4, do not exceed PROM limits</p> <p>Medium: FF 120, ER 60, ABER hold till week 6, IR as tolerated</p> <p>Large: FF 90, ER 45, ABER hold till week 8, IR as tolerated</p> <p>*Limit IR behind back to beltline, begin week 4 for all tears; avoid in subscap</p> <p>Subscap: Week 0-2: PROM FF 90, IR abdomen, ER to 30 Week 2-6: FF 140, ER as tolerated without PT stretching</p>	<p>Pendulum exercise</p> <p>Elbow, wrist and hand ROM and ball squeezes</p> <p>Passive supine FF, ER, IR per ROM limits with therapist</p> <p>Scapular retraction</p> <p>IR behind back may start after 4 weeks. *Avoid with subscap repairs</p> <p>NO PULLIES UNTIL PHASE 2 unless small tear which can start at week 4 (active assisted exercise)</p> <p>Encourage home exercise program</p>	<p>*No active elevation for first 6 weeks post-op</p> <p>*No lifting of objects</p> <p>*No excessive shoulder extension</p> <p>*No excessive stretching or sudden movements</p> <p>*No supporting of body weight by hands</p>
<p>Phase II 6 to 12 weeks</p> <p><u>Goals:</u> *Maintain integrity of the repair *Do not overstress healing tissue *Gradually increase passive and active range of motion to full *Re-establish dynamic shoulder stability *Re-establish scapulohumeral rhythm</p>	<p>D/C</p>	<p>Gradually progress to full ROM all planes</p> <p>Begin AAROM progression for medium and large tears.</p> <p>Hold AROM for Large tears until week 12.</p> <p>Subscap: Increase Motion as tolerated, begin AROM</p>	<p>ER stretch at 0° and 90° abduction</p> <p>Wall slide</p> <p>IR behind back and side lying IR @ 90° (sleeper stretch)</p> <p>Horizontal adduction and hands behind head</p> <p>May begin overhead pulleys</p> <p>*Active-assisted arm elevation progressing to active elevation with scapulohumeral rhythm (not large tears)</p> <p>*Sub-max Isometric ER/IR</p> <p>*Rhythmic stabilization & proprioceptive drills</p> <p>*<u>Dynamic exercises:</u> Side lying ER, side lying scaption, prone row, prone T, prone extension, prone scaption, standing scaption</p>	<p>No resisted exercises</p> <p>Avoid exercises in coronal plane and ABDuction</p> <p>Large tears: avoid active ROM and RTC strengthening until week 12</p>

<p>Phase III 12 to 18 weeks</p> <p>Goals: *Progressive rotator cuff strengthening and scapular stability</p> <p>*Progressive functional training</p>	none	<p>Maintain full ROM</p> <p>Begin AROM for large tears.</p>	<p>ER stretch at 0° at 90° abduction</p> <p>Wall slide</p> <p>IR behind back and side lying IR @ 90° abduction (sleeper stretch)</p> <p>Horizontal adduction and hands behind head</p> <p>*<u>Theraband exercises</u>: ER, IR, forward, punch, shrugs, dynamic hug, 'W's, biceps curl, seated row</p> <p>*<u>Dynamic exercises</u>: Continue from phase 2; limit resistance to maximum 3 lb.</p> <p>*Proprioception drills</p> <p>*Scapulohumeral rhythm exercises</p>		<p>Avoid exercises in coronal plane and ABDuction</p> <p>No weight training.</p>
Post-op Phase	Stretching Exercises	Strengthening exercises	Return to Sports	Precautions	
<p>Phase IV 18- 26 weeks</p>	<p>Continue previous stretches</p>	<p>Continue dynamic exercises and theraband exercises from phase 3</p> <p>Optional theraband: add T's, diagonal up and down</p> <p>Add prone U's</p>	<p>Per surgeon</p>	<p>Weight training per surgeon.</p> <p>Continue to avoid excessive force on the shoulder</p>	
<p>Phase V 26 weeks and after</p>	<p>Continue all previous stretches</p>	<p>Continue above Plyometric exercises</p>	<p>Interval sports programs can begin</p>	<p>Weight training precautions.</p>	

