Rotator Cuff Repair Protocol

Medium/Large Tears (1-5cm)

Phase I (Day 1 – 14 Post Op)

Goals:

- Maintain repair integrity.
- Gradually increase passive range of motion.
- Diminish pain and inflammation.

Day One – Seven:

- Dressing change/sling use per physician.
- Pendulum exercises.
- Passive ROM.
  - Flexion to tolerance.
  - ER/IR in scapular plane.
- Good arm passive flexion in supine.
- Wand ER supine arm by side.
- Elbow/hand gripping and ROM exercises.
- Cryotherapy for pain/inflammation.
  - Ice 15 minutes every two waking hours.
- Sleep in sling or brace.

Day 7 – 14:

- Continue exercises as above.
- Add seated pulley forward flexion five minutes in-clinic and three – four times per day at home.
- Biodex passive flexion 15-20 minutes in-clinic until ROM is full over four weeks, ER once forward flexion is full.

Precautions:

- No lifting objects.
• No excessive shoulder extension.
• No shoulder movements or excessive stretching.
• No supporting body weight by hands.

Goals:

• Allow healing of soft tissue.
• Do not overstress tissue.
• Gradually restore full PROM (week four -- five).
• Decrease pain/inflammation.

Phase II (Day 14 – Week 8 Post Op)

Day 14 – 21:

• Continue passive range of motion program as above.
• Passive ROM to tolerance:
  o Flexion 0-125/145 degrees.
  o ER to at least 45 degrees.
  o IR to at least 45 degrees.

Week Three – Four:

• Continue exercises as above.
• Patient should exhibit near full PROM.
• Week four begin UBE forward mode only and Theraband internal rotation, extension to hip, adduction.

Week Four – Six:

• AAROM with wand flexion, external rotation, internal rotation.
• UBE forward and reverse.
• ER with Theraband added to internal rotation, extension, adduction program.

Week Six – Eight:

• Continue program as above.
• AROM exercises, external rotation, internal rotation, extension, adduction.
• Isotonic exercises:
  o Supine flexion.
  o T-band ER, IR, extension.
  o SL ER.
- Biceps curls.
- Prone row.
- Prone horizontal adduction.
- Full can forward flexion in plane of scapulae.

Goals:

- Full AROM (week 8 – 10).
  - Gradual restoration of strength and power.
  - Dynamic shoulder stability.

Phase III (Weeks 8 – 14 Post Op)

- Continue ROM and stretching program.
  - ER/IR tubing.
  - ER side-lying.
  - Prone row.
  - Prone horizontal abduction.
  - Prone extension.
  - *Lateral raise.
  - *Full can in scapular plane.
  - Elbow flexion/extension.

*Start with weight of extremity adding weight as tolerated: 8 oz., 1 lb., 2 lbs.

Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonics; if unable, then continue glenohumeral exercises until able.