



Experience With Proven Results

4140 Centennial Hills Boulevard • Casper, WY 82609 • (307) 265-7205

ROTATOR CUFF REPAIR
Revised September 2013

SPECIAL PRECAUTIONS/ LIMITATIONS:

SLING:

1. With ABD pillow x 6 weeks for all ADL's, including sleeping.
2. May take sling off to shower with arm at side.

ROM GOALS (NOT LIMITS): *Progress PASSIVE ROM as tolerated*

****** NO ACTIVE GLENOHUMERAL MOTION x 6 weeks ******

1. WEEKS 1-2: Pulley/cane abduction and flexion to 90 degrees; ER to at least neutral.
2. WEEKS 3-4: Pulley/cane abduction and flexion to 120 degrees; ER to at least 20 degrees.
3. WEEKS 5-6: Pulley/cane abduction and flexion to 150 degrees; ER to at least 40 degrees.
4. WEEKS 12-16: Full AROM.

RESISTANCE: No resisted rotator cuff activities x 6 weeks

ADDITIONAL INSTRUCTIONS:

- 1) Progression will depend on many factors including: size, type and location of tear; type and stability of surgical repair; age, associated co-morbidities.
- 2) Additional limitations to the rehabilitation plan may be added post-operatively depending on associated surgical findings and surgeon's preference. Adherence to the protocol guidelines and maintaining a consistent home exercise program as directed is critical in achieving an optimal outcome.
- 3) Liberal use of "Game Ready" ice / compression device if available or ice packs, compression Ace wrap, and/or TED Hose, and elevation of lower extremity should be done to control swelling.



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REHABILITATION PROGRAM:

Phase 1: WEEKS 0 – 2

SLING:

1. With ABD pillow x 6 weeks for all ADL's, including sleeping.
2. May take sling off to shower with arm at side.

P/AAROM: Pulley/cane abduction and flexion to 90 degrees; ER to as tolerated (no stretching).

AROM: Elbow, wrist and hand only. No glenohumeral AROM.

EXERCISES:

- Elbow, Wrist and Hand AROM
- Scar massage when wounds have healed
- Supported pendulums
- Scapular retraction & circles
- Pulley / cane: flexion and abduction, progress to 90° as tolerated.
- Pulley / cane: external rotation to neutral.

GOALS:

- AAROM: approaching 0-90 flexion and abduction; ER to neutral.
- AROM: none
- Effusion and pain controlled
- Minimize infection risk

Phase 2: WEEKS 3 – 6

SLING:

1. With ABD pillow x 6 weeks for all ADL's, including sleeping.
2. May take sling off to shower with arm at side.

AAROM: WEEKS 3-4: Pulley/cane abduction and flexion to 120 degrees; ER to 20 degrees
WEEKS 5-6: Pulley/cane abduction and flexion to 140 degrees; ER to 40 degrees

AROM: Elbow, wrist and hand only. No glenohumeral AROM.

EXERCISES Progression as tolerated:

- Elbow, Wrist and Hand AROM
- Scar massage PRN
- Table washes, therapy ball rolls on table for AROM.
- Pulley / cane: flexion and abduction, progress to 120/140° as appropriate (see above).
- Pulley / cane: external rotation to 20/40 as appropriate (see above).
- Isometrics: sub-maximal; limit per muscle(s) repaired
 - (for example, no abduction if supraspinatus repair).
- UBE: forward only; PROM for surgical arm
- Supine scapular protraction (ceiling punch) using cane; PROM for surgical arm.
- Recumbent bike for cardio as tolerated.

GOALS:

- P/AAROM flexion and abduction to 120-140° flexion and abduction; ER to 40°.
- Compliant with sling restrictions.
- Protection of repair.
- Prevent frozen shoulder.



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Phase 3: WEEKS 7 – 9

SLING: wean from sling at end of 6 weeks post op per PT/ortho guidance.

AAROM: progress toward full as tolerated (maximize by week 12).

AROM: Begin working AROM all directions.

RESISTANCE: start light, especially for repaired muscle(s)

NO push-ups, heavy lifting, or sports; NO repetitive overhead use of the shoulder.

EXERCISE Progression as tolerated:

- Continue appropriate previous exercises.
- Add posterior capsule stretch (sleeper, cross body) as needed.
- Add pec stretches (towel roll, foam roll per ROM) as needed.
- Wall washes and wall slides to maximize ROM.
- SUPINE ⇔ UPRIGHT AROM instruction / progression all directions with cues as needed for proper scapular movement.
- UBE forward / backward; may begin to use surgical arm actively; cue for scapular engagement.
- Theraband: shoulder extension and low rows.
- Theraband: IR and ER with towel roll. Also side steps as needed.
- Scapular stabilization: gym ball on table, progress to wall.
- Prone scapular retraction: table or ball, add weight as tolerated.
- Bike, elliptical, treadmill walking for cardio.

GOALS:

- AROM to 120 degrees flexion and abduction
- Using arm for all basic ADL's < 90 degrees elevation.
- No restrictions with dressing, etc.

Phase 4: WEEKS 10 – 16

SLING: none

AAROM: maximize by week 12 post-op.

AROM: goal of full AROM x 12-16 weeks post-op.

RESISTANCE: SLOWLY progress gradually and as tolerated.

NO push-ups, heavy lifting, or sports; NO repetitive overhead use of the shoulder.

EXERCISE Progression as tolerated:

- Theraband: scaption (thumb up, to 80°).
- Continue appropriate previous exercises
- Cable weight scaption (thumb up, may progress > 80°).
- Cable weight shoulder extension.
- Cable weight low and mid rows.
- Cable weight IR and ER with towel roll.
- Dumbbell: prone Y's, T's and I's.
- Dumbbell: side lying ER with towel.
- Body blade: progress from side to elevated position.
- Rebounder: IR sidearm
- May begin jog/walk progression if tolerated.



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GOALS:

- Maximize AAROM by end of week 12.
- AROM to 140° flexion and abduction; ER at side to 45° or better
- Able to lift gallon of milk or similar.

Phase 5: MONTHS 4 – 6

SLING: none

AAROM: maximize by week 12 post-op.

AROM: goal of full AROM x 12-16 weeks post-op.

RESISTANCE: progress gradually and as tolerated.

Begin to work towards push-ups, heavy lifting, or sports; Repetitive overhead use of the shoulder as tolerated, limit per symptoms.

EXERCISE Progression as tolerated:

- Continue appropriate previous exercises
- Cable pull downs.
- Cable chops, all directions.
- Supine chest pass (to self) with scapular protraction.
- ER and IR at 45 and 80 degrees abduction, progressively.
- Rebounder: chest pass
- Rebounder: overhead pass
- Wobble board
- Vew-Do side-to-side
- Vew-DO: push up
- Progression to full floor push ups as tolerated and required.
- VASA kayak / rower.
- Running or low impact cardio as tolerated. May begin return to swim at 16 weeks if appropriate ROM.

GOALS:

- Full AROM, Full Strength
- Progress to functional UE protocol as tolerated at completion of phase five.
- Return to duty / all ADL's at 6-9 months POP.