

## ROTATOR CUFF REPAIR PROTOCOL

### REHAB PROGRESSION SUMMARY

6 weeks	Immobilization: abd.pillow for 6 weeks; sling for comfort afterwards
0-6 weeks	Passive ROM (Phase I); ok to perform PROM above abd. Pillow unless restricted
6-10 weeks	Active-assisted ROM (Phase II)
8-12 weeks	Active ROM (Phase III)
16+ weeks	Strengthening (Phase IV)

### IMMOBILIZATION

- Sling/abd. pillow is worn for 6 weeks during the day and night
- Remove sling for light activity and home exercise program as indicated by therapist

**\*\*IF YOU ALSO HAD A SUBSCAPULARIS TENDON REPAIR, YOU ARE NOT ALLOWED PASSIVE OR ACTIVE EXTERNAL ROTATION BEYOND NEUTRAL (POINTING STRAIGHT FORWARD) FOR 6 WEEKS**

### PHASE I - PROM

**OK to start at first post-op follow-up visit unless specified by your surgeon**

**2nd post-op visit**

**0-6 weeks**

#### **Goals for treatment:**

- Decrease pain and swelling
- Increase nutrition and healing response
- Infection prevention

#### **PROM:**

- Begin passive ROM exercises in clinic
- Pendulum exercise without weight: clockwise, counterclockwise, side-to-side, front-back
- **PROM above abd. pillow:** ER, IR, flexion, extension, abduction
- Table slides
- Therapist: grade I, II joint mobilizations
- Scapular retractions
- Wrist/elbow exercises; grip exercises

#### **Patient education:**

- Wound inspection
- Begin active assisted ROM at 6 weeks

- No active motion for 8 weeks, all planes
- No active external rotation for 6 weeks
- Limit external rotation to neutral for 6 weeks
- Sling use as indicated by repair
- Icing 3x/day for 20 minutes

**Other:**

- Ice
- Modalities - PRN

**PHASE II - ASSISTED-AROM**

**6 weeks post-op-12 weeks post-op**

**AROM:**

- Pendulum exercises with light weight
- AAROM with cane & pulleys, to patient tolerance (flexion, abduction - ER to neutral)
- Body Blade - opposite hand, straight plane
- Shoulder shrugs - light weight/high reps

**Progress with:**

- Wall climbing/finger ladder
- Scar mobility
- Joint mobilizations - grade I/II
- Quadruped rhythmic stabilization
- Body Blade - opposite hand diagonals with trunk rotation
- Biceps curls
- Shoulder extension with Theraband
- Shoulder shrugs
- UBE - active assist only

**Other:**

- Ice
- Modalities - PRN

**PHASE III - AROM**

**OK to start at 8 weeks post-op**

**AROM:**

- Continue with Phase II A-AROM
- AAROM exercises with cane
- AROM - all planes
- UBE - forward/reverse
- Scapular retraction
- Prone extension
- Supine “holds” at 90° flexion; progress to small circles
- Side-lying “holds” at 90° abduction; progress to small circles
- Isometrics <50% effort, no pain (flexion, extension, abduction, ER)
- Biceps curls/triceps extensions with light resistences, elbow at side

**Other:**

- Ice

- Modalities - PRN

## **12 weeks post-op**

**Goal:** Should have full PROM; **ER to \_\_\_\_\_° only**, with gentle passive stretching

### **AROM:**

- Continue with Phase III exercises, adding weight/resistance as indicated by therapist
- Low-weight exercise (begin at 90° and increase to full ROM): flexion/extension, abduction, rows, scaption
- Wall push-ups, wall push-ups plus
- Shoulder IR/ER with low resistance
- Scapular protraction ( “serratus punch”)
- Prone fly

### **Other:**

- Ice
- Modalities - PRN

## **PHASE IV - STRENGTH**

### **16+ weeks post-op**

**Goal:** Should have full AROM; if not, begin aggressive stretching to achieve full ROM

### **Strength:**

- Body Blade, involved extremity: one-handed grip, abduction to 90°; two-handed grip, flexion to 90°
- Kneeling push-ups, kneeling push-ups plus
- Step-ups in kneeling push-up position
- UBE with increased resistance
- StairMaster in quadruped at level 12-15
- Treadmill in quadruped at 1.0 mph
- Plyoball: circles, CW & CCW, 1 minute each direction; squares, CW & CCW, 1 minute each direction

### **Other:**

- Ice
- Modalities – PRN

## **RETURN TO SPORT-SPECIFIC TRAINING**

### **16+ weeks post-op**

- Continue with Phase IV Strength, increasing reps and resistance as tolerated
- Isokinetic testing at Vanderbilt Sports Medicine as directed by physician
- Functional testing at Vanderbilt Sports Medicine as directed by physician
- Push-ups, push-ups plus
- Step-ups in push-up position
- Sport-specific exercises as directed by physician and therapist

### **Other:**

- Ice
- Modalities – PRN