

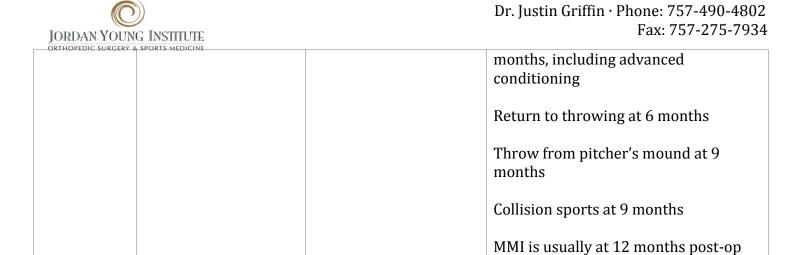
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## **ROTATOR CUFF REPAIR PROTOCOL**

## \*\*\*NO MYOFACIAL RELEASE OR AGGRESSIVE SCAR TISSUE MASSAGE AT ALL \*\*\*

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 0-1 weeks	Patient to remain in sling for 6 weeks		Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
PHASE II 1-6 weeks		True PROM only! The rotator cuff tendon needs to heal back into the bone  ROM goals: Supine elevation in Scapular plane to 140° FF  ER to tolerance but not beyond 40°; ABD max	Heat before PT, ice after PT No resisted motions of shoulder until 12 weeks post-op Grip strengthening No canes/pulleys until 6 weeks post- op, because these are active-assist exercises
PHASE III 6-12 weeks		60-80° without rotation  Begin AAROM → AROM as tolerated  Goals: Same as above, but can increase as tolerated	Light passive stretching at end ranges  Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etx)  At 8 weeks, can begin strengthening/resisted motions  Isometrics with arm at side beginning at 8 weeks
PHASE IV 3-12 Months		Advance to full ROM as tolerated with passive stretching at end ranges	Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers  Only do strengthening 3x/week to avoid rotator cuff tendonitis  Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)  Begin sports related rehab at 4 ½



Comments:				
Functional Capacity EvaluationWork Hardening/Work Conditioning	Teach HEP			