

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

			<p>months, including advanced conditioning</p> <p>Return to throwing at 6 months</p> <p>Throw from pitcher's mound at 9 months</p> <p>Collision sports at 9 months</p> <p>MMI is usually at 12 months post-op</p>
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Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP