

ROTATOR CUFF REPAIR WITH SUBSCAPULARIS REPAIR REHABILITATION PROTOCOL

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

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 0-6 weeks	Immobilized at all times day and night Off for hygiene and gentle home exercise according to instruction sheets	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, no more than 40° ER, 20° extension	0-2 weeks: Elbow/wrist ROM, grip strengthening at home only 2-6 weeks: Begin PROM activities Limit 40° ER Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR <i>No canes/pulleys until 6 weeks post-op, because these are active-assist exercises</i>
PHASE II 6-12 weeks	None	Begin active/active-assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction	Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff* No resisted IR
PHASE III 12-16 weeks	None	Gradual return to full AROM	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
PHASE IV 4-5 months**	None	Full and pain-free	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility



PHASE V 5-7 months	None	Full and pain-free	Progress Phase IV activities, return to full activity as tolerated
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Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP