

## ROTATOR CUFF REPAIR REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I: 1-3 WEEKS POST-OP</b>	<ul style="list-style-type: none"> <li>• No PROM of shoulder for first 3 weeks except pendulums</li> <li>• ROM as tolerated for elbow, wrist and hand</li> <li>• For Biceps Tenodesis:               <ul style="list-style-type: none"> <li>○ No Active elbow flexion until 3 weeks (AAROM ok)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• NO Pendulums</li> <li>• Cervical ROM</li> <li>• Begin scapula musculature isometrics / sets</li> <li>• Elbow, wrist, hand ROM</li> <li>• Ball squeezes</li> <li>• For Biceps Tenodesis:               <ul style="list-style-type: none"> <li>○ No Active elbow flexion until 3 weeks (AAROM ok)</li> </ul> </li> </ul>
<b>PHASE II: 3-4 WEEKS POST-OP</b>	<ul style="list-style-type: none"> <li>• Restore shoulder ROM (as tolerated)</li> <li>• Strict therapist directed PROM only for flexion, abduction, external rotation, internal rotation</li> <li>• Goal full PROM by week 6</li> <li>• No therapist directed PROM for massive tears until 6 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Codman's Pendulums</li> <li>• Supine passive ER stretches with broom handle</li> <li>• Table slides</li> <li>• Continue scapula musculature isometrics / sets</li> <li>• Elbow, wrist, hand ROM</li> <li>• Ball squeezes</li> <li>• For Biceps Tenodesis:               <ul style="list-style-type: none"> <li>○ No Active elbow flexion until 3 weeks (AAROM ok)</li> </ul> </li> </ul>
<b>PHASE III: 5-6 WEEKS POST-OP</b>	<ul style="list-style-type: none"> <li>• Progress PROM</li> <li>• Pool Therapy if available for AAROM (pool is the assistance)</li> <li>• Goal full PROM by week 6</li> <li>• No therapist directed PROM for massive tears until 6 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue use of sling until end of Week 5</li> <li>• Between Week 5 and 6 may wear sling for comfort only</li> <li>• Discontinue sling at end of Week 6</li> </ul>	<ul style="list-style-type: none"> <li>• Supine AAROM (Not until 6 weeks for massive RTC tear)</li> <li>• Pulley exercises</li> <li>• Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting</li> <li>• Gentle joint mobilization and soft tissue mobilization</li> </ul>
<b>PHASE IV: 6-12 WEEKS POST-OP</b>	<ul style="list-style-type: none"> <li>• Progress to full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching, mobs, ROM exercises</li> <li>• NO ROTATOR CUFF RESISTANCE EXERCISES</li> <li>• Progress supine to seated to standing AAROM</li> <li>• Progress pool based AAROM if available</li> <li>• Begin unrestricted AROM against gravity at 9 weeks</li> </ul>

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
<b>PHASE V:</b> 12-24 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Begin light theraband resistance exercises for the rotator cuff (for massive tears, do not start resistance exercises until 18 weeks)</li> <li>• Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids</li> <li>• Progress with theraband exercises slowly to tolerance</li> <li>• Begin to add sport and job specific activities</li> </ul>
<b>PHASE VI:</b> 6-8 MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• If cleared by Dr. Roth, may now be able to return to:               <ul style="list-style-type: none"> <li>• Weight Training</li> <li>• Skiing</li> <li>• Golf</li> <li>• Basketball</li> <li>• Manual Labor</li> </ul> </li> </ul>
<b>PHASE VII:</b> 8+ MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• If cleared by Dr. Roth, may now be able to return to:               <ul style="list-style-type: none"> <li>• Throwing Sports</li> <li>• Tennis</li> <li>• Volleyball</li> </ul> </li> </ul>