

# Rotator Cuff Repair Rehabilitation Protocol

## Dr. Kent

### Post-op Restrictions:

- No Active Elevation for 6 weeks (or per MD orders)
- Wear Sling for 2 weeks when active
- Avoid Abduction AAROM x 2 weeks

### Overall Goals:

- Control pain, inflammation, and effusion
- Regain normal upper extremity strength and endurance
- Regain normal shoulder range of motion

### Phases of Treatment:

- Protection Phase – Weeks 0 - 6
- Intermediate / Active Phase – Weeks 6 - 10+

**Patient Name:** \_\_\_\_\_

**ID #** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

<b>Weeks 0 – 2 (Day 2 – 14)</b>	<b>Weeks 2 – 4 (Day 15 – 28)</b>
<p>Dates: _____</p> <p style="text-align: center;"><b>Protection Phase</b></p> <p>PROM:</p> <ul style="list-style-type: none"> <li>• FLEX / SCAP to tolerance</li> <li>• ABD to 90°</li> <li>• ER / IR to 45° in scapular plane</li> </ul> <p>AAROM:</p> <ul style="list-style-type: none"> <li>• Wall pulley, T-bar / Wand</li> <li>• FLEX / SCAP to 90°</li> <li>• ER to 45° in scapular plane</li> </ul> <p>Therapeutic exercises:</p> <ul style="list-style-type: none"> <li>• Pendulums (CW, CCW, S/S, F/B)</li> <li>• Shoulder shrugs</li> <li>• Scapular retractions</li> <li>• Ball squeezes, gripping ex's</li> <li>• Wrist isotonic with light resistance</li> <li>• Elbow AROM</li> <li>• Shoulder shrugs</li> </ul>	<p>Dates: _____</p> <p>PROM:</p> <ul style="list-style-type: none"> <li>• FLEX / ABD / SCAP to tolerance</li> <li>• ER (scapular plane) to 60°</li> <li>• IR (scapular plane)</li> </ul> <p>AAROM:</p> <ul style="list-style-type: none"> <li>• Wall pulley:               <ul style="list-style-type: none"> <li>• FLEX / SCAP to tolerance</li> <li>• ABD to 90° progressing to tolerance</li> </ul> </li> <li>• Wand / T-bar               <ul style="list-style-type: none"> <li>• FLEX to tolerance</li> <li>• ER (SCAP) to 60°</li> <li>• Progress ER at 90° ABD at 4 weeks post-op</li> </ul> </li> </ul> <p>Therapeutic exercises:</p> <ul style="list-style-type: none"> <li>• Sub-maximal isometrics</li> <li>• Biceps curls with light resistance</li> <li>• Prone rows @ 2weeks</li> <li>• Prone shoulder EXT @ 3 weeks</li> </ul>

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**Patient Name:** \_\_\_\_\_ **ID #** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Weeks 4 – 6 (Day 29 – 42)	Weeks 6 - 8
<p>Dates: _____</p> <p><b>PROM:</b></p> <ul style="list-style-type: none"> <li>• FLEX / ABD / IR to tolerance</li> <li>• ER @ 90° ABD</li> <li>• Initiate GI Joint mobs as needed</li> </ul> <p><b>AAROM:</b></p> <ul style="list-style-type: none"> <li>• Wall pulley:               <ul style="list-style-type: none"> <li>• FLEX / SCAP / ABD to tolerance</li> </ul> </li> <li>• T-bar/wand:               <ul style="list-style-type: none"> <li>• FLEX to tolerance</li> <li>• ER @ 90° ABD</li> </ul> </li> </ul> <p><b>Therapeutic Exercises:</b></p> <ul style="list-style-type: none"> <li>• Scapular: quadruped weight shifts</li> <li>• Quadruped serratus stabs</li> <li>• Prone scapular retraction</li> <li>• Seated protraction / retraction with arm on table</li> <li>• Body blade neutral</li> <li>• Scapular retraction with t-tube</li> <li>• Triceps extension with tubing</li> <li>• SL ER to neutral (no resistance)</li> <li>• Rhythmic stabs in balance position (passively position shoulder into 110° FLEX with 20° HOR ABD)</li> <li>• Week 5 initiate wall crawls FLEX</li> <li>• Scapular: Quadruped weight shifts</li> </ul>	<p>Dates: _____</p> <p style="text-align: center;"><b>Intermediate / Active Phase</b></p> <p><b>PROM:</b></p> <ul style="list-style-type: none"> <li>• No restriction</li> <li>• Initiate active elevation with <b><u>No Substitution (If Substitution: Focus on Scapular strengthening and ER / IR.</u></b></li> </ul> <p><b>Therapeutic Exercises:</b></p> <ul style="list-style-type: none"> <li>• UBE</li> <li>• Standing FLEX / ABD / SCAP to 90° w/o substitution (consider Supine FLEX / SL ABD if unable to elevate w/o substitution)</li> <li>• Prone HOR ABD</li> <li>• T-band shoulder ER / IR</li> <li>• T-tube bilateral shoulder EXT</li> <li>• GB stabs at wall</li> <li>• Supine GB stabs</li> <li>• Wall crawls ABD</li> <li>• Wall push-ups</li> <li>• Supine scapular protraction with tubing / weight</li> <li>• Progress resistance with biceps and triceps exercises</li> </ul>

Richmond Spine & Joint Clinic, P.A.

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**Date of Surgery:** \_\_\_\_\_

<b>Weeks 8-10</b>	<b>Weeks 10 and beyond</b>
<p>Dates: _____</p> <ul style="list-style-type: none"><li>• Initiate AROM PNF D1 / D2 (wall or supine)</li><li>• Body blade @ 90° FLEX</li><li>• Progress resistance on all JOBE exercises</li><li>• T-band FLEX / EXT / ABD / ADD</li><li>• Progress to modified push-up</li></ul>	<p>Dates: _____</p> <ul style="list-style-type: none"><li>• Progress resistance on all JOBE exercises, scapular exercises, and T-band / T-tube exercises</li><li>• PNF D1 / D2 with resistance</li><li>• May Begin weight machines:<ul style="list-style-type: none"><li>• Rows</li><li>• Lat pull-downs</li><li>• Chest press</li></ul></li></ul>

