

Decelerated Rotator Cuff Repair Rehab Protocol

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I	Phase II	Phase III	Phase IV
Week 0-6	Week 6-10	Week 10-16	Week 16-26
<p>General Goals:</p> <ul style="list-style-type: none"> -Maintain integrity of repair -Diminish pain and inflammation -Independent with ADLs <p>Precautions:</p> <ul style="list-style-type: none"> -Sling/immobilizer at all times with removal only for hygiene <p>ROM:</p> <ul style="list-style-type: none"> -No PROM or AAROM <p>Clinical Implications:</p> <ul style="list-style-type: none"> -AROM fingers, wrist, hand -Pendulum hang -Scapular retraction -Cervical ROM 	<p>General Goals:</p> <ul style="list-style-type: none"> -Allow healing of soft tissue -Do not overstress soft tissue -Decrease pain and inflammation <p>PROM:</p> <ul style="list-style-type: none"> -Flexion: at least 100° -ABD (in scapular plane): at least 90° -ER (in scapular plane): at least 45° -IR (in scapular plane): at least 45° <p>Sling:</p> <ul style="list-style-type: none"> -Discontinue use of sling/immobilizer <p>ROM:</p> <ul style="list-style-type: none"> -Pain free PROM: care not to overstress tissue -No AROM <p>Clinical Implications:</p> <ul style="list-style-type: none"> -Continue Phase I exercises -Passive flex table top slide -Passive rotation in scapular plane in pain free ranges -Gentle scapular or capsular mobilization if needed 	<p>General Goals:</p> <ul style="list-style-type: none"> -Maintain full PROM -Full AROM by week 16 -Improve dynamic shoulder stability -Gradual return to functional activities <p>Precautions:</p> <ul style="list-style-type: none"> -No lifting -No PREs <p>ROM:</p> <ul style="list-style-type: none"> -Full PROM -Initiate AAROM progressing to AROM <p>Clinical Implications:</p> <p><u>Week 10:</u></p> <ul style="list-style-type: none"> -Continue previous exercises as needed -AAROM -Initiate submaximal isometrics in neutral -Initiate gentle rhythmic stabilization <p><u>Week 12:</u></p> <ul style="list-style-type: none"> -Initiate AROM in supine and progress to sitting/standing -Initiate supine proprioceptive and stabilization training -Scapular strengthening 	<p>General Goals:</p> <ul style="list-style-type: none"> -Maintain full AROM -Advance conditioning exercises -Improve strength, power and endurance -Return to functional activities <p>Precautions:</p> <ul style="list-style-type: none"> -When advancing strengthening, consider reducing frequency to 4x/week <p>ROM:</p> <ul style="list-style-type: none"> -Continue ROM as needed <p>Clinical Implications:</p> <ul style="list-style-type: none"> -Continue previous exercises as needed -Begin isotonic PREs: patient must be able to elevate without compensatory shoulder hike -Advance proprioceptive exercises -Progress to work/sports related activities