

Standard 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 0-4	Week 4-8	Week 8-12	Week 12-26
<p>General Goals:</p> <ul style="list-style-type: none"> -Protect surgical site -PROM: <ul style="list-style-type: none"> -Flexion: at least 125° -ABD (in scapular plane): at least 90° -**ER (in scapular plane): at least 45° -IR (in scapular plane): at least 75° <p>Precautions:</p> <ul style="list-style-type: none"> -**If repair of subscapularis, limit ER to 20° -**If biceps tenodesis performed, no AROM elbow flex until week 4 <p>Sling:</p> <ul style="list-style-type: none"> -Sling at all times <p>Clinical Implications:</p> <p><u>Day 0-21:</u></p> <ul style="list-style-type: none"> -Pendulum hang -AROM elbow, wrist, hand -Scapular exercises: retraction, shrugs, rolls, etc -Cervical AROM <p><u>Days 21-28:</u></p> <ul style="list-style-type: none"> -Pendulum circles -Initiate PT performed PROM at day 21 	<p>General Goals:</p> <ul style="list-style-type: none"> -Allow healing of soft tissue -Do not overstress soft tissue -Gradually restore PROM (weeks 4-5) -PROM: full ROM by week 8 <p>Precautions:</p> <ul style="list-style-type: none"> -**If repair of subscapularis, progress ER from 20° to tolerance -**If biceps tenodesis performed, initiate light resisted elbow exercise at 6-8 weeks -No isotonic strengthening <p>Sling:</p> <ul style="list-style-type: none"> -Discontinue sling by 6 weeks <p>ROM:</p> <ul style="list-style-type: none"> -PROM: to full, painfree ROM by week 5 -Initiate AAROM at week 4-6 -Initiate AROM at week 5-6 <p>Clinical Implications:</p> <p><u>Week 4-6:</u></p> <ul style="list-style-type: none"> -Begin AAROM – IR/ER in scapular plane; supine wand FLEX in scapular plane <p><u>Week 5-6:</u></p> <ul style="list-style-type: none"> -Begin AROM -Sidelying ER -Supine forward elevation progression -Initiate scapular stabilization -Sub-maximal isometrics -Open chain proprioception <p><u>Weeks 7-8:</u></p> <ul style="list-style-type: none"> -Low load prolonged stretching 	<p>General Goals:</p> <ul style="list-style-type: none"> -Maintain full PROM -Achieve full AROM by week 10-12 -Improve shoulder strength, stability and endurance -Gradually return to functional activities <p>Precautions:</p> <ul style="list-style-type: none"> -No lifting greater than 5# <p>ROM:</p> <ul style="list-style-type: none"> -Progress to full AROM without compensatory shoulder hike <p>Clinical Implications:</p> <p><u>Week 8-12:</u></p> <ul style="list-style-type: none"> -Continue stretching and PROM as needed -Dynamic stabilization exercises -Initiate PREs if patient is able to elevate arm without scapular hiking -Advance scapular exercises (row, pull backs/down, punches, push up plus) -Proprioceptive/stability training 	<p>General Goals:</p> <ul style="list-style-type: none"> -Maintain ROM -Advance strengthening -Progress to work/sport related activities <p>Precautions:</p> <ul style="list-style-type: none"> -When advancing strengthening, consider reducing frequency to 4x/week <p>Clinical Implications:</p> <p><u>Week 12:</u></p> <ul style="list-style-type: none"> -Continue stretching, if motion is not full -Progress resistance exercise to tolerance (low weight, high rep) -High level proprioceptive, strength, stabilization -Serratus anterior and mid-low trapezius specific scapular exercises <p><u>Week 18:</u></p> <ul style="list-style-type: none"> -ER plyometrics <p>Return to Sports:</p> <ul style="list-style-type: none"> -Overhead and serving sports: weeks 21-22 -Contact sports and swimming: week 26