



Rotator Cuff Repair (Large Tear)

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PHASE I (2-6 WEEKS):

Precautions: Protect rotator cuff repair

- Ultrasling to be worn continuously for 6-8 weeks (unless otherwise instructed by physician). Allowed to take off for showering, dressing, or exercising
- Able to perform tabletop activities such as eating, brushing teeth, and writing; as long as activity is pain free and keeping the elbow at the side of the body
- **DO NOT LIFT ARM FROM SIDE OR FORWARD FLEX**
- PROM only to limits determined in operating room. If no limits on prescription,
- assume patient is able to do full ROM
- Weeks 4-6: Pendulum exercises and tabletop PROM
 - Scapular retraction exercises
 - Ice following treatment and home exercises
 - External rotation to neutral until 6 weeks post-operative (Only subscapularis repair)

PHASE II (6-10 WEEKS):

Precautions: Do not increase inflammation

- At 6 weeks:
 - AAROM exercises: Flexion, abduction, extension, internal and external rotation (home pulley if needed)
- At 8 weeks:
 - Discontinue ultrasling
 - Begin AROM- no weight-pain free arch only
 - Active rotator cuff exercises without weight
 - Active elevation exercises (wall walk, flexion, abduction)
 - Scapular stabilization exercises: scapular depression, extension, horizontal abduction
 - Proprioceptive exercises: Counter-top and/or closed chain axial loading with ball on wall

PHASE III (10-14 WEEKS):

Precautions: Do not increase inflammation with overworking cuff. Progress weight with exercise as tolerated

- Begin strengthening/progressive AROM for all exercises. Use 2 oz to 1 lbs weights. Should only experience minimal pain. Emphasize high repetitions for endurance with rotator cuff exercises
 - Standing flexion to shoulder level or modified in supine
 - Standing scaption with thumbs up to shoulder level
 - Sidelying external rotation with towel roll under elbow
 - Prone external rotation keeping elbow bent to 90°
 - Standing internal rotator with Theraband
 - Bicep curls with palm up
- Add progressive standing wall push-up exercises and proprioception exercises on the wall with a small ball and with body blade and/or fitter
- Progress scapular stabilization training

PHASE IV (14 WEEKS-6 MONTHS):

- Progress rotator cuff exercises with 3 lbs weight limit. Emphasis on home program
- Add proprioception exercise on hands and knees with wobble board