



## Rotator Cuff Repair (Medium Tear)

Thomas K. Comfort, MD

### PHASE I (0-4 WEEKS):

Precautions: Protect rotator cuff repair

- Ultra sling to be worn continuously for 4-6 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 2-4: Pendulum exercises and tabletop PROM
  - Scapular retraction exercises
  - Ice following treatment and home exercises
  - External rotation to Scapular retraction

### PHASE II (4-8 WEEKS):

Precautions: Do not increase inflammation

- At 4 weeks:
  - AAROM exercises: Flexion, abduction, extension, internal and external rotation (home pulley if needed)
- At 6 weeks:
  - 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 (8-12 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 circles

#### PHASE IV (3-4 MONTHS):

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