



**TWIN CITIES ORTHOPEDICS**

*Excellence in Research and Education*

**Gregory N. Lervick, MD  
Andrew Anderson, PA-C  
952-456-7111**

**POSTOPERATIVE REHABILITATION PROTOCOL:  
HUMERAL HEAD RESURFACING FOR  
ROTATOR CUFF TEAR ARTHROPATHY**

**Phase 1: Week 0-3**

- Sling at rest
- Cryocuff prn, may wean as tolerated
- Pendulums (Codman's)
- No pulleys
- Easy isometric exercises: abduction, ER, extension, flexion
- PROM as per MD (performed supine position to enhance relaxation, 130° forward elevation, 30° external rotation with arm at side, and 60° abduction in scapular plane unless instructed otherwise)
- Subscapularis precautions: No active internal rotation at any position
- Avoid position of arm extension
- Elbow, wrist, hand exercises
- Edema control prn
- Eating, writing, limited computer use when tolerated, unless instructed otherwise
- Scapular stabilization exercises

**\* No deep tissue massage \***

**Phase 2: Week 4-6**

- Sling at rest
- Continue above
- Progress to external rotation isometrics
- Progress to active assisted ROM in the supine position, with exception of internal rotation
- Gradual progress of exercises in supine to vertical position
- Gradual progression of forward elevation to full passively within patient tolerance
- Continue limitation of external rotation
- Scapular stabilization exercises

**Phase 3: Week 7-10**

- Wean from sling
- Progress to full AROM/AAROM/PROM in all planes
- Include wand exercises
- Emphasize posterior capsular stretching
- Begin active internal rotation

- Begin PRE's within pt tolerance, except subscapularis
- Isotonic exercises beginning without weight, progressing within pt tolerance to PRE's, starting 2-4 oz. and increasing incrementally as tolerated
- Topical massage prn

**\* No strengthening of subscapularis until 12 wks post surgery \***

**Phase 4: Week 11-16**

- Continue full strengthening and stretching program

**Phase 5: Week 20-28**

- Return to full functional activities, including light recreational sports depending upon pt strength and medical condition
- Avoidance of high impact activities such as hammering, contact sports, free weight training is recommended.

**Note:** The rotator cuff deficient patient undergoing resurfacing of the humeral head without rotator cuff repair often notes gradual recovery of function. Maximal improvement typically occurs at 10 to 15 months post surgery. Patients may need to go back to prior phases depending upon individual progress.

This protocol provides you with general guidelines for the rehabilitation of the patient humeral head replacement or resurfacing for rotator cuff tear arthropathy.

Specific changes in the program will be made by the physician as appropriate for the individual patient.

Questions regarding the progress of any specific patient are encouraged, and should be directed to Dr. Lervick at **952-456-7111**.

**REFERENCE:**

Clinical Orthopaedic Rehabilitation, 2<sup>nd</sup> edition. SB Brotzman, KE Wilk. Mosby 2003.