

Protected Rotator Cuff Repair

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The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I	Phase II	Phase III	Phase IV
(Pre-Op/0-6 weeks)	(Weeks 4-8)	(Weeks 8 – 12)	(Weeks 12 – 26 weeks)
PRECAUTIONS <ul style="list-style-type: none"> Sling/immobilizer all times except remove for hygiene GOALS <ul style="list-style-type: none"> Maintain integrity of repair Diminish pain and inflammation Independent with ADL's with modifications while maintaining the integrity of the repair Intermittent follow ups to maintain compliance ROM <ul style="list-style-type: none"> No PROM or AAROM EXERCISE <ul style="list-style-type: none"> AROM fingers, wrist, and elbow Pendulum hang Scapular retraction Cervical AROM Criteria for Progression <ul style="list-style-type: none"> Compliance with immobilization 	PRECAUTIONS <ul style="list-style-type: none"> Wean to discontinue sling/ immobilizer GOALS <ul style="list-style-type: none"> Allow healing of soft tissue Do not overstress healing tissue Decrease pain and inflammation Pain free PROM ROM <ul style="list-style-type: none"> Pain free PROM, be very cautious with stretching No AROM EXERCISE <ul style="list-style-type: none"> Continue with Phase I exercises as needed Passive flexion table slide Passive rotation in neutral in pain free ranges Gentle scapular and/or regional soft tissue mobilization if needed Gentle capsular/joint mobilization prn Criteria for Progression PROM <ul style="list-style-type: none"> FLEX $\geq 100^{\circ}$ ER in scap plane $\geq 45^{\circ}$ IR in scap plane $\geq 45^{\circ}$ ABD in scap plane $\geq 90^{\circ}$ 	PRECAUTIONS <ul style="list-style-type: none"> No lifting No PREs GOALS <ul style="list-style-type: none"> Maintain Full PROM Dynamic -Shoulder Stability Optimize neuromuscular control Gradual return to functional activities ROM <ul style="list-style-type: none"> Restore full PROM Initiate AAROM progressing to AROM EXERCISE Week 10 <ul style="list-style-type: none"> Continue prior phase exercises as needed AAROM Upper extremity bike – pain- free as tolerated and unloaded Pain-free isometrics in neutral Gentle rhythmic stabilization Week 12: <ul style="list-style-type: none"> AROM in supine and progress to sitting and standing Supine proprioceptive and stabilization training Scapular strengthening Criteria for Progression <ul style="list-style-type: none"> Full AROM 	PRECAUTIONS <ul style="list-style-type: none"> Communicate with surgeon about specific restrictions GOALS <ul style="list-style-type: none"> Maintain full non-painful AROM Advance conditioning exercises Improve muscular strength, power, and endurance Gradual return to full functional activities ROM <ul style="list-style-type: none"> Continue ROM emphasis if needed EXERCISE <ul style="list-style-type: none"> Continue with previous phase recommendations as needed. Begin isotonic PRE strengthening program: patient must be able to elevate arm without scapular elevation substitution to begin isotonic Advance proprioceptive and neuromuscular activities prn Criteria for Progression <ul style="list-style-type: none"> Tolerates the progression to low-level functional activities Demonstrates return of strength/dynamic shoulder stability Demonstrates adequate strength/stability for progression to work/sport specific activities