

SMALL TO MEDIUM SIZE ROTATOR CUFF REPAIR PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
PHASE 1 First 6 Weeks (0-6) 1-2 Sessions/week Begin after 7-10 days	<ul style="list-style-type: none"> - Shoulder immobilizer x 6 weeks full time except hygiene and PT exercises - No AROM x 6 weeks 	<ul style="list-style-type: none"> - Begin PROM as tolerated in supine position after 2 weeks (Goal of 130 deg FF, 90 deg Abduction, 30 deg ER by 4 weeks); then unrestricted PROM to begin at 4 weeks 	<ul style="list-style-type: none"> - Pendulum ROM - Seated table slide for flexion or supine assisted shoulder flexion to begin at 2 weeks - Pulleys to begin at 3 weeks - Elbow and wrist AROM
PHASE 2 Second 6 Weeks (6-12) 1-2 Sessions/week	<ul style="list-style-type: none"> - Out of brace - Avoid resisted motion of the shoulder until 8 weeks post-op 	<ul style="list-style-type: none"> - Continue with PROM to reach full ROM and appropriate joint mobilizations - Advance to AAROM/AROM at 6 weeks 	<ul style="list-style-type: none"> - Wands/pulleys/wall climbs - Initiate scapular stabilizing exercises, core strengthening exercises including trunk rotation - Begin resistive exercises for scapular stabilizers, biceps, and triceps - Begin rotator cuff strengthening after 8 weeks
PHASE 3 Third 6 Weeks (12-18) Sessions once/week or once every other week		<ul style="list-style-type: none"> - Full AROM in all planes 	<ul style="list-style-type: none"> - Initiate PREs (light weight, high repetition) - Neuromuscular and proprioceptive training - Aerobic conditioning and preparation for return to work/sport and ADLs - Cycling and running as tolerated

PHASE 4 18 Weeks + Sessions as needed Transition to home exercise program		- Sport and work specific exercises	- Aggressive scapular stabilization and eccentric strengthening - Begin plyometric exercises - Improve neuromuscular control and shoulder proprioception - Advance to home exercise program 3 times/week and daily shoulder stretching - Return to sport after 8 months once clear by MD
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This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.