

Standard 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 (Weeks 0 – 4)	Phase II (Weeks 4 – 8)	Phase III (Weeks 8 – 12)	Phase IV (Weeks 12 – 26)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Protection (sleeping, posture, sling with axillary towel roll) Passive ER with wand (limit to 30°, if repair is subscapularis) If biceps tenodesis performed, no AROM of the elbow until week 4 <p>EXERCISES</p> <ul style="list-style-type: none"> PROM unlimited within pain tolerance Pendulums AROM: elbow, wrist, hand Passive table-slide FF Scapular exercises (retraction, shrugs, rolls, etc.) Shoulder wand/table top ER PT assisted PROM scapular plane <p>Criteria For Progression PROM</p> <ul style="list-style-type: none"> Flexion $\geq 125^\circ$ ER in scap plane $\geq 75^\circ$ IR in scap plane $\geq 75^\circ$ ABD in scap plane $\geq 90^\circ$ 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Wean from sling; goal to D/C sling at 6 weeks If the repair was of the subscapularis, slowly progress wand ER past 20° to tolerance If biceps tenodesis performed, initiate light resisted elbow exercise at week 6-8 No Isotonic strengthening <p>EXERCISES Week 4 - 6</p> <ul style="list-style-type: none"> Begin AAROM – IR/ER in scap plane; supine wand FLEX in scap plane <p>Week 5 - 6</p> <ul style="list-style-type: none"> Begin AROM Sidelying ER Supine forward elevation progression Initiate scapular stabilization Sub-maximal isometrics Open chain proprioception <p>Week 7 - 8</p> <ul style="list-style-type: none"> Low load prolonged stretching <p>Criteria for Progression</p> <ul style="list-style-type: none"> Full AROM Ability to perform all ADLs with exception of heavy overhead lifting, fast-jerking motions, or repetitive motions 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Some surgeons prefer that their patients not receive rotator cuff specific strengthening with elastic resistance. If in doubt, check with the surgeon to clarify their preferences <p>EXERCISES Week 8</p> <ul style="list-style-type: none"> Continue stretching and PROM as needed Progress to full AROM without hiking Dynamic stabilization exercises Initiate PREs if pt is able to elevate arm without scapular hiking Advance scapular exercises (rows, pull backs/down, punches, push up plus) Proprioceptive/stability training <p>Criteria for Progression</p> <ul style="list-style-type: none"> Tolerates progression to low-level functional activities Demonstrates return of strength/dynamic shoulder stability Demonstrates adequate strength/stability for progression to work/sport specific activities 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> When performing advanced resistance training, may need to be performed every other day <p>EXERCISES Week 12</p> <ul style="list-style-type: none"> Continue stretching, if motion is not full Progress resistive exercise to tolerance (low weight, high rep) High level proprioceptive, strength, and stabilization Serratus anterior and mid-low trapezius specific scapular exercises <p>Week 18</p> <ul style="list-style-type: none"> Plyometrics Power exercises <p>RETURN TO SPORT/Work</p> <ul style="list-style-type: none"> Overhead and serving sports: Weeks 21-22 Contact sports and swimming: Week 26 Progression towards return to work/work hardening

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Questions and updates regarding the progress of any specific patient are encouraged and should be directed to Dr. Cooper at 952-456-7617.