

## PT Protocol Rotator Cuff Repair (Normal)

### PHASE I: PROTECTED ROM (6 WEEKS)

- Sling should be in place when not performing exercises.
- May start active scapular mobility exercises at 3 to 4 weeks – Must keep the shoulder musculature relaxed.
- Avoid all active and active assistive exercises until cleared by the surgeon. This includes pulley exercises, wand and supine assisted exercises.
- Limited supine position passive ROM only.
  - 130 degrees of forward flexion weeks 0-4.
  - 30 degrees of external rotation.
  - 60 degrees of abduction without rotation.
  - May progress supine passive forward flexion to 150 degrees at week 4 as patient tolerates
  - May progress passive abduction to 70-80 degrees at week 4 as patient tolerates.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - **Note: If biceps tenodesis, no active elbow flexion or forearm supination until 4 wks postop**
  - Pendulum exercises
  - Passive external rotation of the shoulder to tolerance – may need to instruct family member
  - Passive scapular plane elevation as tolerated – family member or therapist

### PHASE II: PROGRESSIVE ROM (6 TO 12 WEEKS)

- May discontinue sling.
- Coffee cup weightbearing
- Start AAROM and AROM – includes pulleys, wand and supine gravity assisted exercises. Emphasize all motions including IR behind the back at 10-12 weeks.
- Shoulder ROM goals:
  - 150 degrees of forward flexion – progress to 160-170 degrees.
  - 30 degrees of external rotation – progress to 60 degrees.
  - 60 degrees of abduction – progress to 90 degrees.
- Isolate and strengthen scapular stabilizers.
- Progress PROM and terminal capsular stretching of the shoulder as needed.
- Avoid AROM in positions of subacromial impingement.
- May start gentle rotator cuff strengthening at 12 weeks

### PHASE III: (> 12 WEEKS)

- Slowly advance rotator cuff and shoulder strengthening (Theraband, dumbbells, Hughston's exercises, etc). Include home cuff strengthening program. Continue to emphasize scapular stabilizers.
- Equate active and passive range of motion. Encourage scapulohumeral mechanics during active shoulder motion.
- Simulate work/recreational activities as rotator cuff strength and endurance improve.
- Strengthening/Activities:
  - @ 3 months
    - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/ 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
    - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
  - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning
- Throwing:
  - @ 6 months, if full-strength return to light tossing
  - @ 9 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- Work:
  - Overhead work without lifting is usually possible @ 6 months
  - Can resume heavy labor once full-strength achieved (usually by 9-12 months)