

ROTATOR CUFF REHAB GUIDELINES

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INDIVIDUAL CONSIDERATIONS: please check op report for information regarding procedure and sling usage; if massive or large repair will take longer to heal and may have more delayed protocol; if subscap repair you will modify to not stress tendon repair (think subscap primary movement is IR—so do not stress tendon with PROM ER and avoid IR AROM)

PHASE 1 (2-6 weeks)

Post-op day 14 PT eval:

- Remove post-op bandages!!!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid active ROM, use of ice
- *****If modified for subscap repair:** limit ER PROM (do not push) as to not put too much stress on repair, no active IR for 8 weeks to preserve repair

Sling Use

- Use constantly, only remove for showers/hygiene and pendulums/PT exercises

Goals at 6 weeks:

- Control inflammation and pain—cryocuff 3-4 times a day
- Full PROM, progress AAROM and then AROM as PROM approaches normal

SUGGESTED THERAPEUTIC EXERCISES:

- Pendulum exercises
- PROM in all planes (unless subscap repair/involvement then no ER)
- STM as indicated for pain-control – avoid scar massage!
- Elbow and wrist AROM exercises (check for bicep tenodesis)
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM
- At 4 weeks, when PROM is WFL/WNL, progress AAROM then to AROM of shoulder
 - AAROM supine with dowel: flexion, abd, ER
 - Table slides and progress to wall slides
 - Supine and s/l AROM of shoulder once pt tolerates AAROM and motion is WFL/WNL

PHASE 2: (6-12 weeks)

Criteria:

- Full PROM, pain-free; full AROM

Goals:

- Sling discharged by 6 week follow up with MD
- Full AROM
- Begin light strengthening and gradually progress

SUGGESTED THERAPEUTIC EXERCISES:

- AAROM supine with dowel: flexion, abd, ER
- Table slides and progress to wall slides
- Continue with PROM
- Sub-max isometric strengthening (no IR if subscap involved)
- AROM in all planes
- Light strengthening, start with light tubing and then progress to light DB <5 lbs in all planes— initiate once pt is able to elevate arm in scap plane without hiking
- Flex, abd, ER, IR in supine and standing
- s/l ER and abd
- Prone ITY, row
- Ball on the wall

PHASE 3: (12+ weeks)

Criteria:

- Full PROM and AROM, pain-free

Goals:

- Progress strengthening and return to sport 6-9 mo (depending on sport)

SUGGESTED THERAPEUTIC EXERCISES:

- Stretching and PROM as needed
- IR stretch with strap
- Continue to progress strengthening- correct UT compensation and shoulder/scap hiking
 - Standing ITY
 - IR and ER with tubing—progress to 90/90
 - D2 diagonal standing or supine with PT OP
 - Body blade
 - TRX row, TY
 - Prone on swissball ITY
 - Prone row to ER to press
 - Progress weight machine (row, lat pull down, OH press, ect)

