

Jared T. Lee, MD

Hip, Knee, Shoulder & Sports Medicine Surgery
The Steadman Clinic – Aspen
401 Castle Creek Rd, Suite 2100, Aspen, CO 81611
Practice Manager: Abbey Jones
Team Phone: (970) 456-2798

**ROTATOR CUFF REPAIR REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
<p>Phase I: Weeks 0-4</p> <p>Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness</p>	<ul style="list-style-type: none"> -Sling at all times except for hygiene and physical therapy x4 weeks -No elevation of the arm above 90 degrees x4 weeks -No lifting greater than 3lbs with the surgical limb x6 weeks -May shower post-op day 2 with bulky dressing off -No strengthening <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Tolerates PROM -At least 4 weeks s/p 	<ul style="list-style-type: none"> -Passive range of motion 0-90 degrees flexion and abduction, and external rotation 0-30 degrees x4 weeks -When supine: place a towel roll or pillow under the elbow to remain in a neutral position -No support of body weight through surgical extremity x6 weeks -Full elbow ROM without resistance, arm at the side -Modalities PRN -Pain control and edema control -Periscapular strengthening -Neck stretches and neck ROM -Soft tissue mobilization -Ball squeezes -Pendulums -Scapular isometrics -Cryotherapy -Joint mobilizations Grade I and II, and oscillations for pain relief
<p>Phase II: Weeks 5-6</p> <p>Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control</p>	<ul style="list-style-type: none"> -Sling at all times except for hygiene and physical therapy x6 weeks -Continue phase I exercises -No lifting greater than 3lbs with the surgical limb x6 weeks <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Tolerated PROM, AAROM, isometrics -Passive forward flexion to 135 degrees -At least 6 weeks s/p 	<ul style="list-style-type: none"> -Progress to full passive range of motion -Correct postural dysfunctions -Be careful not to overstress healing tissues -Pain control and inflammation control -Initiate supine AAROM -Posture exercises -Core strengthening -May begin sub-max isometrics after 4 weeks: shoulder flexion, abduction, extension, and external rotation -Prone row to neutral -Cardio: walking and stationary bike (no treadmill, elliptical, stairmaster, or road bike)

<p>Phase III: Weeks 7-9</p> <p>Goals: Full range of motion, minimal pain, improve neuromuscular control, improve mechanics</p>	<ul style="list-style-type: none"> -Discontinue Sling -Continue phase I and II exercises -No strengthening -No lifting greater than 5lbs with the surgical limb <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Tolerates AROM -Active flexion to 120 degrees with good mechanics -At least 8 weeks s/p 	<ul style="list-style-type: none"> -Progress to full passive, active, and active assisted range of motion -Focus on neuromuscular control and good mechanics -Scapular stabilization and strengthening exercises -Controlled progression of AROM activities -Initiate scaption, AROM for shoulder -Cardio: walking and stationary bike (no treadmill, elliptical, stairmaster, or road bike)
<p>Phase IV: Weeks 10-12</p> <p>Goals: Full range of motion, no pain, good mechanics, begin strengthening</p>	<ul style="list-style-type: none"> -Continue phase II and III exercises -Progress multi-planar movements -No heavy strengthening <p>Criteria for progression:</p> <ul style="list-style-type: none"> -Able to perform all functional activities without limitations or pain -Able to actively flex the shoulder to 140 degrees in a standing position with good mechanics 	<ul style="list-style-type: none"> -Initiate light strengthening exercises -Progress non-painful AROM -Advanced shoulder motions and neuromuscular control -PNF patterns with light resistance -Good scapulothoracic awareness -Closed chain exercises: ball on the wall exercises -Progress External Rotation ROM in varying angles of abduction -Progress prone exercises to include strengthening -Core strengthening progression
<p>Phase V: Week 12 and onward</p> <p>Goals: Full range of motion, increase strengthening, great mechanics, sports specific functional activity progression</p>	<ul style="list-style-type: none"> -Sport or work specific training -Return to recreational activities -Normalize strength and endurance <p>Criteria for progression:</p> <ul style="list-style-type: none"> -May return to sports after clearance from therapist and surgeon -Full return to activity typically at 5 months s/p <p>Criteria for discharge:</p> <ul style="list-style-type: none"> -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complaints of instability 	<ul style="list-style-type: none"> -Continue to work on shoulder motion in varying speeds and angles without compensation -Progress rotator cuff strengthening in different angles and velocities -Progress weight strengthening with high reps and low weight to low reps and higher weight -Throwing progression or overhead program if indicated