



ORTHOPAEDICS

Rotator Cuff Repair Rehab Protocol

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RECOMMENDATIONS

- No driving until 6-8 weeks post-surgery
- Encourage passive ROM at home daily by family member
- Sling to be worn at all times except during PT and at home for ROM exercises until 4-6 weeks

PHASE I (0-2 WEEKS)

- No shoulder motion behind body
- Keep incision clean and dry

PHYSICAL THERAPY:

- Grade I-II glenohumeral joint mobilizations; scapulothoracic joint mobilizations
- PROM within precautionary ROM (emphasize isolated GH elevation)



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- **Minimal manual resistance** for isometric ER/IR at 45-60° scapular plane elevation (supported) in supine after POD 7
- **Minimal manual resistance** for rhythmic stabilization of GH joint at 90° elevation after POD 7
- Elbow/hand ROM and gripping exercises

HOME EXERCISE PROGRAM:

- Scapular elevation, depression, protraction, retraction (“scapular clocks”)
- Pendulums with emphasis on “relaxed” shoulder and using trunk as prime moving force
- Supine passive ER and elevation in scapular plane with cane
- Closed chain isometric ER and humeral head depression with arm in scapular plane and supported at 90° elevation

PHASE II (2-6 WEEKS)

Goals:

- Allow healing of soft tissue
- Avoid over stress of healing tissue
- Gradually restore full passive ROM
- Reestablish dynamic shoulder stability
- Decrease pain and inflammation



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PRECAUTIONS:

- Full ROM (target to achieve FROM by 8 weeks)
- Begin dry land active ROM without weight in biomechanically correct ROM
- No supporting body weight by hands and arms
- No lifting heavy objects

PHYSICAL THERAPY TREATMENT:

- Grade I-IV GH mobilizations and scapulothoracic mobilization
- Passive ROM with target of normal ROM by 8 weeks
- Minimal manual resistance for isometric ER and IR and rhythmic stabilization (flexion, extension, horizontal ab/adduction) at 45°, 90°, 120° elevation in the scapular plane as patient gains control of the upper extremity
- AAROM progressing to minimal manual resistance for PNF patterns
- Aquatic therapy: Increase speed of movement and resistance as tolerated, progress to using hand as a “paddle” and then to webbed gloves. Also add periscapular strengthening
- Begin active ROM without weights. Add light resistance as patient gains control of movement with good biomechanics. Exercises should include:
 - Elevation in the scapular plane (supine initially, progress to inclined, then upright)
 - Sidelying ER; prone rowing; supine serratus “punches”
 - Progress to IR on light pulleys or Theraband (after 6 weeks postop only)
 - Progress to upper body ergometer (UBE) at low resistance



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HOME EXERCISE PROGRAM:

- As in Phase I, progress PROM as to FROM
- Add shoulder pulley

PHASE III (6 – 12 WEEKS)

Goals:

- Primary goal is to restore full PROM by 6-12 weeks
- Active ROM and strength should be within functional limits before discharge

Precautions:

- Refer to physician for advice regarding activity restrictions

Physical Therapy Treatment:

- GH joint mobilization and PROM when indicated.
- Progress exercises in Phase II with increased weight based on 3 sets of 10 reps
- Gradually add following exercises and progress weights:



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Periscapular strengthening

Manually-resisted PNF patterns

ER, IR, and PNF patterns on pulleys

ER, IR at 90° abduction

“Empty can” exercise

- Begin functional progression for sports/activity-specific tasks
- Begin isokinetics for ER, IR at 12 weeks postop. Begin in modified abduction,
- Progress to supine or sitting 90° abduction position

HOME EXERCISE PROGRAM:

- Maintain PROM
- Light Theraband for ER, IR, elevation, and “empty can” on non-PT days
- Progress to independence with strengthening program prior to discharge

PHASE IV (12 – 20 WEEKS)

Goals:

- Advanced strengthening
- Gradual return to functional activities and sport