

ROTATOR CUFF REPAIR

The following is a guideline for the post-operative rehab of individuals who have underwent Rotator Cuff repair. This schedule will vary from patient to patient based on individual tolerance. These instructions are intended to be administered by a physical Therapist. If questions arise, please don't hesitate to contact your surgeon's office.

The following are **MAJOR OBJECTIVES** for this rehab:

1. 145° of *PASSIVE* elevation, 50° of *PASSIVE* external rotation with the humerus in neutral & internal rotation of the thumb to the upper lumbar area by 4 weeks post-op.
2. Full ROM in all directions by 8 weeks.
 - a. ** Pre-operative shoulder ROM will greatly affect ROM realized with therapy
3. NO internal rotation stretch with a towel for 2 weeks post-op
4. AROM at counter top level allowed at 2 weeks post-op. **ABSOLUTELY NO** lifting of the hand to the head until 6 weeks post-op.
5. PRE's allowed at 6 weeks post-op.

IMMEDIATELY POST-OP

- Sling to be worn at all times, except for showers, until seen for first post-op visit.
- Begin pendulum exercises in the sling the day after surgery.

WEEK 2 -4

- Prescription for Physical Therapy will be given at the time of first post-op visit.
- In therapy begin:
 1. Pendulum exercises without the sling.
 2. Begin pulley exercises for forward flexion.
 3. Submaximal isometrics for Internal / External Rotation, Extension and Adduction. PAINFREE.
 4. PROM as described above, emphasis is on protecting repaired rotator cuff.
 5. Joint mobilizations of the glenohumeral joint - Grade I & II
 6. Scapulothoracic joint mobilization.
 7. Active ROM of the wrist and elbow.
 8. Modalities as needed and as indicated.
 9. Scapulothoracic isometrics as tolerated.

WEEK 4 - 6

- Continue with ROM goals as outlined above.
- As indicated, increase to maximal PAINFREE isometrics. Begin forward flexion isometrics at the 3 to 4 week mark following surgery.
- Begin scapular stabilization exercises while maintaining humerus in NEUTRAL.

WEEK 7 - 12

- Begin more aggressive ROM exercises to increase ROM to FULL by 8 weeks.
- Begin AROM in all directions. Emphasize proper scapulothoracic motion.
- Begin PRE's as indicated by motion and strength.
 1. With early PRE's (week 7 & 8) exercises should be pain free. Please emphasize post shoulder girdle strength with prone horizontal abduction with the arm externally rotated, prone shoulder extension with the arm externally rotated as well as other PAINFREE strengthening exercises. Add home exercises with theraband for PRE's.
 2. Continue with endurance and strengthening of the shoulder girdle and scapular muscles and progress as tolerated
 3. Incorporate dynamic stability exercises as indicated. Examples as Body Blade and BOING.
 4. By 8 weeks post-op, incorporate prone external rotation with the arm abducted to 90° and the elbow flexed to 90°. Please begin with the humerus stabilized on the plinth and progressed to the point where the patient actively maintains the arm in abduction and rotates the arm upwards.
 5. 2 to 3 speed isokinetic test for IR/ER and Flexion/Extension at 3 Months post-surgery.