



OVERTURF

ORTHOPEDICS

Rotator Cuff Repair Protocol

Overview

Rotator cuff repair surgery is known to have one of the highest failure/re-tear rates of any tendon repair in the body. Its poor blood supply and often diminished tissue quality demands a slow and controlled recovery. In order to insure successful healing, it is vital that patients undergoing this operation have a clear understanding that regardless of improving pain levels, it is vital to follow the strict guidance set in place by the surgeon and physical therapist. Keep in mind that it will take 1 year to achieve full rotator cuff strength and function.

PHASE 1 (weeks 0-6)

GOALS: Protect the repair and begin gentle passive motion

Sling Use: For 6-weeks or as directed by surgeon

Precautions:

- No active motion
- No pulley use
- No shoulder extension (movement behind back)
- No aggressive stretching

Exercises:

- Active elbow wrist & hand
- Counter walk-backs/pendulums
- Passive ROM only (to begin with therapist at 3 weeks)
- Scapular retractions

PHASE 2 (weeks 6-12)

GOALS: Protect the repair and begin Active-Assisted Range of motion.

Sling Use: Discharge or as direct by MD. Large tears may remain in sling until 8 weeks.

****Discuss this with your surgeon prior to sling removal***

Precautions:

- No Resisted Activity
- Avoid Coronal Plane Activities
- No Aggressive Stretching or Movements

Exercises:

- Continue previous exercises
- Begin rotator cuff isometrics
- Initiate active assisted range of motion (AAROM) exercises
- Gentle Scapular/glenohumeral joint mobilization as indicated to regain full passive ROM
- Initiate prone rowing to neutral arm position

PHASE 3 (weeks 12-18)

GOALS: Protect the repair begin active and resisted range of motion

ROM Goals: FULL PASSIVE ROM FOR ALL TEARS

Precautions:

- No Heavy Weight Training
- Avoid Coronal Plane Activities
- No Aggressive Stretching or Movements (no jerking)

Exercises:

- Continue Active Motion – Focus of Symmetry without substitution
- Resisted Band Activities - Rows, ER, IR, Scapular Punches
- Scapular stability exercises

PHASE 4 (weeks 18-26+)

GOAL: Protect the repair, improve strength and achieve near full range of motion.

ROM Goals: Full

Stretching: Daily maintenance

Precautions:

- Discuss weight training with surgeon
- Avoid jerking motions
- All exercises involving weight should be smooth and controlled

Exercises:

- Advance strengthening with increased load
- Add prone Y's and U's
- Initiate Plyometrics