



# orthopedic ONE

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## **Large Complete Rotator Cuff Tear Protocol (with severe tendon retraction)**

### **Phase I: (0-6 weeks)**

#### Goals:

- Protect surgery
- Decrease pain and inflammation
- Gentle passive ROM
- Patient education

#### Plan:

- Ultra sling (0-6 weeks depending on repair)
- Hand, elbow and wrist exercises immediately post-op in sling
- Cervical spine stretches
- Modalities PRN
- Scapular mobilization and muscle tone
- Thoracic mobilization

At 4-6 weeks post-op:

- Aquatic therapy
- Pendulums - may begin at 2-3 weeks
- PROM (flexion to 90°, abduction to tolerance - being cautious with this movement, IR/ER as tolerated at 30° shoulder abduction)

### **Phase II: (6-12 weeks)**

#### Goals:

- Control pain and inflammation
- Continue to work on ROM throughout phase; use caution throughout
- Begin gentle strengthening

#### Plan:

- Modalities PRN
- Aquatic therapy combined with gentle resistive activity
- Scapular and glenohumeral mobilization
- PROM (caution with flexion)
- Begin scapular strengthening
- Isometric IR/ER
- Bicep/tricep strengthening UBE

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### **Phase III: (12-24 weeks)**

#### Goals:

Functional ROM

Improve strength / neuromuscular control End phase begin sport / activity training

#### Plan:

Stretching PRN

Instruct in self-stretching

Increase strength and endurance of upper quadrant

Begin machine weighted exercise

Begin coordination exercises

Biodex training / testing if requested by M.D.

### **Phase IV: (24+ weeks)**

#### Goals:

Maximum ROM

Increase strength

Return patient to sport / activity

#### Plan:

Self-stretching

Strengthening RTC at 0°, 45°, 90°

Advanced machine weighted exercises

Specific sports related activities