



orthopedic ONE

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Medium Sized Full Thickness Rotator Cuff Repair Protocol

Phase I: (04 weeks)

Goals:

Protect surgery
Decrease pain and inflammation Increase pain-free ROM
Maintain distal muscle strength Patient education

Plan:

Ultra-sling (0-6 weeks)
Modalities including heat, IFC, ultrasound
Elbow, wrist and hand exercises Cervical spine stretches
Pendulum exercises
Scapular mobilization and strengthening
Begin PROM: gentle flexion to 90°, abduction, ER and IR as tolerated Aquatic therapy after 3 weeks
Cane exercises at end of phase I Home exercise program

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation
Functional range of motion by end of phase II Begin strengthening
Able to perform self-care ADL's with involved extremity

Plan:

Modalities PRN
AAROM with cane: all directions as tolerated
PROM: all directions as tolerated with caution to flexion Glenohumeral joint mobilization
Isometric rotator cuff strengthening UBE (mid phase II)
PNF for scapula and shoulder Home exercise program

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Phase III: (12-24 weeks)

Goals:

Full, pain-free ROM

Pain-free overhead activities

Improve strength and neuromuscular control (80% normal strength) Progress activity specific exercises

Improve endurance

Plan: UBE

Self stretches

Progress rotator cuff and scapular strengthening

Machine weighted strengthening

Begin coordination exercises (ball toss, Body Blade)

Biodex testing/training if requested by M.D.

Phase IV: (24 weeks+)

Goals:

Improve strength (100%) Return to sport

Plan:

Self stretches

Progress strengthening, coordination and endurance exercises

Sport activity specific exercise