



orthopedic ONE

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Small Full Rotator Cuff Tears Protocol

Phase I: (0-6 weeks)

Goals:

Protect surgery

Decrease pain and inflammation Increase pain free range of motion Patient education

Plan:

Ultra sling (0-6 weeks):

Sling is off while sitting and with exercise after 2 weeks.

Pendulum activities/cane AAROM-(avoid flexion 1-3 weeks)

Pulley (per M.D. approval for use of pulleys)

Cervical spine stretches

Scapular mobilization

Scapular strengthening

Thoracic mobility

PROM (avoid flexion >90 first 3 weeks; begin all other ROM)

Initial bicep and tricep strengthening

Aquatic therapy

Isometric TRIER at end Phase I

Modalities as needed: ice; electrical stimulation

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation

Functional ROM near end phase

Begin/increase strengthening

Home exercise program

Plan:

Modalities PRN

Scapular and glenohumeral joint mobilizations

Advance scapular stabilization strengthening

Gradual RTC IR/ER and supraspinatus strengthening with theraband

Gentle deltoid strengthening when RTC is good

Begin UBE mid Phase II

Advance Phase I strengthening

Aquatic therapy

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Phase III: (12-26 weeks)

Goals:

Functional ROM

Improve strength

Improve power

Return to sport

Plan:

Self stretches to shoulder

Continue RTC, scapular and deltoid strengthening

Machine weighted strengthening

Coordination exercises (ball toss, body blade)

Progress back to work or sport

Biodex testing if requested by M.D.