



Town Center

ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

Rotator Cuff Repair Rehabilitation

Associated Subscapularis Repair

- No passive External Rotation past “straight ahead” x 4 weeks. Then slowly progress
- No resisted Internal Rotation x 6 weeks, then isometrics.
- Begin Internal Rotation PREs at 8 weeks postop

Associated Bicep’s Tenodesis

- No resisted elbow flexion and/or supination x 6 weeks, then isometrics
- Begin elbow flexion and/or supination PREs at 8 weeks

I. **Week 1**

- One physical therapy visit at 2 days post-op for HEP and sling instruction
- Wear sling day and night
- Cervical Stretches
- Wrist/hand ROM
- Cryotherapy and Electrical stimulation for edema and pain control
- Begin grip and wrist strengthening exercises
- Pendulums

II. **2 Weeks from Surgery**

- Begin therapy 3x/week for PROM – shoulder flex to 90 degrees (up to 25 degrees of ER in 45 degrees of abduction, include scapular ROM)
- Seated unilateral scapular retraction in gravity eliminated position (i.e. arm resting on table)
- Continue PROM
- Side lying scapular mobilizations – passive and active assisted

III. **4 Weeks from Surgery**

- Pulleys for AAROM scaption and flexion (pain-free range) (issue pulleys for HEP prn)
- Bicep/Triceps isometric strengthening
- Side lying scapular PNF (anterior elevation/posterior depression & posterior elevation/anterior depression) – active and shoulder clocks
- AAROM with wall walking flexion and abduction
- Discontinue sling use-at home only – continue to wear outside of home or in office/public places.

- IV. **5 Weeks from Surgery**
- Supine wand exercises flexion – pain-free, ER at 45 degrees of abduction, abduction to 60 degrees
 - Progress bicep and triceps strengthening
 - Standing UE weight shifting
 - Initiate standing shoulder extension
- V. **6 Weeks from Surgery**
- Progress to full PROM
 - Neutral shoulder isometrics 6 directions - pain free
 - Active shoulder depressions with body weight
 - Theraband rows
 - MRE's (manual resistive exercises) at various angles including rhythmic stabilization of IR and ER at 45 degrees of abduction.
 - Discontinue sling use (unless specified)
- VI. **7-8 Weeks from Surgery**
- Wall alphabet with ball
 - Progress to full PROM
 - Assisted UE gentle PNF (D1 and D2) supine
 - Supine punches
 - Active Range of Motion- all directions
 - Quadruped weight shifting
 - Light functional activities (ie. Cabinet reaching)
 - Initiate rotator cuff strengthening
 - Wall push ups (shoulder width apart, focus on triceps)
- VII. **9 Weeks from Surgery**
- Initiate UBE
- VIII. **11 Weeks from Surgery**
- Standing PNF – add resistance when pt demonstrates correct shoulder mechanics
- IX. **12-20 Weeks from Surgery**
- Full PROM and AROM
 - Work on eccentric control of RTC muscles