

Dr. Vipul Dua

Orthopedic Surgeon

Rotator Cuff Repair Rehabilitation Protocol

Medium Size Tears

Phase I: Week 0-6

Goals

- Maintain integrity of repairs
- Reduce pain and inflammation
- Slow progression of PROM
- Do not overstress healing tissue

Week 0-2

- Pendulum exercises
- AAROM (Week 1-2)
 - Flexion to 125
 - ER scapular plane to 35
 - IR scapular plane to 35
- PROM
 - Flexion to tolerance
 - ER scapular plane to 35
 - IR scapular plane to 35
- Submaximal pain-free isometrics
 - Flexion
 - Abduction
 - ER
 - IR
 - Elbow Flexion
- Brace at physician's discretion
- Ice every hour for pain

Week 2-6

- PROM
 - Flexion to 145
 - ER at 65-90 deg abduction to 45
 - IR at 65-90 deg abduction to 45
- AAROM
 - To tolerance for flexion/ER/IR
- Continue isometrics
- Initiate rhythmic stabilization

Week 6-10

- AAROM
 - Flexion to 160+
 - ER at 90 deg abduction to tolerance over 45
 - IR at 90 deg abduction to tolerance over 45
 - Full range of motion 8-10 weeks
- Isotonic strengthening program (7 weeks)
 - Tubing and dumbbell program
 - ER/IR
 - Scapular musculature
 - Biceps
 - Triceps
 - Deltoid
 - Full Can
 - Patient must be able to elevate arm without hiking shoulder

Week 10-14

- Functional activities
- Proprioceptive activities