Rotator Cuff Repair Conservative Rehab Protocol
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AAHS OUTPATIENT PHYSICAL THERAPY SPORTS GROUP

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### Exercises/Methods

<table>
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<th>Early Post-operative Day 1-week 2</th>
<th>Timeline</th>
<th>GOALS</th>
<th>EXERCISES/METHODS</th>
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<tbody>
<tr>
<td>• Protect and maintain integrity of the repair</td>
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<td>• Hand grip, finger AROM</td>
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<tr>
<td>• Promote healing</td>
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<td>• Elbow and wrist AROM (*** No AROM at elbow if BICEPS TENODESIS)</td>
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<tr>
<td>• Painfree PROM shoulder</td>
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<td>• Cervical AROM, UT stretching, chin tucks</td>
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<tr>
<td>• Diminish pain and inflammation</td>
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<td>• Patient Educ: posture, positioning, sling wear, HEP</td>
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<tr>
<td>• Prevent muscle inhibition</td>
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<td>• Modalities: Ice,</td>
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</table>

### ROM Restrictions

- See Individual Phases

### Weight Bearing

- 5lbs for 10 weeks
- 20 lbs from 10-14 weeks
- No AROM at shoulder, no lifting with operated arm 6 wks
- In supine, support arm posteriorly

### Other Restrictions and Key Considerations

- ***Biceps Tenodesis = No Resisted Elbow Flexion for 6 weeks***

### Goals

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<tr>
<th>Early Post-operative Day 1-week 2</th>
<th>Goals/Restrictions/Milestones: Starting PROM painfree</th>
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### Sub-Acute Post-Operative: 2-4 weeks

Protection + Begin PROM
- Flexion to 120 deg
- Abduction to 90 deg
- IR to belly
- ER to 30 deg (at 45 deg abduction)
- Extension to 30 deg

*** If Subscapularis Repair, PROM:
- Flexion to 120 deg
- Abduction to 90 deg
- IR to belly
- ER to 10 deg (at 45 deg abd)
- Extension to 30 deg

### Goals/Restrictions/Milestones:

- Pain improved
- No PROM at shoulder
- ***Biceps Tenodesis = No Resisted Elbow Flexion for 6 weeks***

### Weight Bearing

- 5lbs for 10 weeks
- 20 lbs from 10-14 weeks
- No AROM at shoulder, no lifting with operated arm 6 wks
- In supine, support arm posteriorly

### Other Restrictions and Key Considerations

- ***Biceps Tenodesis = No Resisted Elbow Flexion for 6 weeks***
### Timeline

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<tr>
<th>Phase III – Protection</th>
<th>Phase IV Minimal protection: AAROM begins</th>
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<td>Progress PROM</td>
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<td>Week 5-6:</td>
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</table>

#### PROM:
- Flexion to 160 deg
- Abduction to 120 deg
- IR to belly
- ER to 60 deg (at 45 deg abduction)
- Extension to 30 deg

***If Subscapularis Repair, PROM:***
- Flexion to 160 deg
- Abduction to 120 deg
- IR to belly
- ER to 30 deg (at 45 deg abd)
- Extension to 30 deg

#### Goals/Restrictions/Milestones:
- Painless PROM to limits
- PROM: Progress until full PROM achieved
- Resume all ADLs with involved UE
- Avoid overstraining the repair
- No supporting body weight with involved hand/arm
- Avoid excessive extension and IR

### Exercises/Methods

- Protection of repair site
- Minimize pain
- Promote healing
- Regain PROM of shoulder

- Continue all as above (2-4 wk phase)
- PROM per restrictions based on repair
  - OK to progress flex, abd to full if pt can tolerate
- Cardio: Walking, stationary biking (with sling)

- Continue as above
- PROM until full (unless SUBSCAP REPAIR)
- **If Biceps Tenodesis: Begin AROM at elbow**
- Aquatic therapy once incisions healed: shoulder AAROM
- Begin AAROM: wand (supine->semi-recumbant->standing), pulleys
- Submax isometrics (Flex/ext, Abd/Add, IR/ER)
- UBE – no resistance
- Prone Rows, Supine Serratus Punches, T-band scap retraction, shrugs
- OKC stabilization/proprioception (Supine, S/L)
- **Bicep curls resisted – IF NO BICEPS TENODESIS***

#### Goals/Restrictions/Milestones:
- Full PROM unless SUBSCAP repair (ER to 60 deg)

**SHOWERING**

1. May Shower day 1 after surgery
2. Must “waterproof” surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

**WOUND CARE**

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or op-site on wounds daily for 5 days

**MEDICATIONS**

1. Pain medicine only as needed. Wean off as soon as possible
## TIMELINE

### Phase V
Begin AROM, light strengthening

**Week 8-10:**
- AROM
- Return to normal light function
- 20lbs lift restrict
- Start ADLs
- Full ROM for all repair types
- Ok to begin lifting > 5lbs
- Ok for OH activities

### GOALS
- Continue with PROM, AAROM until full ROM achieved.
- **Stretching:**
  - Towel IR stretch
  - Post. Capsule stretching
- **Initiate AROM:**
  - ER in S/L
  - IR, ER in supine or standing
  - Flex, Abd, Scap to 90 deg (thumb up) – PROGRESS S/L → SUPINE → STANDING
- ****Add resisted Bicep Curls if BICEPS TENODESIS
- **Progress T-Band exercises:**
  - No monies
  - IR/ER focus for subscap and infraspinatus strength
- **Rhythmic/Dynamic Stabilization:**
  - PRN D1/D2’s (no resist)
  - CKC
  - Wall Ball circles
  - Wall Push-ups with a plus

### EXERCISES/METHODS

#### Goals/Restrictions/Milestones:
- Painfree AROM

### Phase VI
Continued Light strength

**Weeks 10-12**
- AROM full
- Return to normal light function
- 20lbs lift restrict
- Full ADLs
- Full ROM for all repair types

### GOALS
- Add wts to Standing Shoulder Isotonics if good scapulohumeral rhythm with elevation (no humeral hiking)
- UBE with resistance
- **Prone scap exercises:**
  - Flexion with thumb up
  - Abduction at 100 deg thumb up (“Y”)
  - Horiz Abd with thumb up (“T”)
  - Ext with max ER/palms down (“I”)
  - “6 Pack Back”

### Goals/Restrictions/Milestones:
- Full AROM without shoulder hiking (dysfunctional arc)
- Good RC control

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**SHOWERING**

1. May Shower day 1 after surgery
2. Must “waterproof” surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

**WOUND CARE**

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or opposite on wounds daily for 5 days

**MEDICATIONS**

1. Pain medicine only as needed. Wean off as soon as possible

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# EXERCISES/METHODS

## TIMELINE

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<tr>
<th>Phase VI: Advanced Strength, Proprioception</th>
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<td>Week 12-16</td>
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- Improved RC strength
- Start plyo
- Full ADL
- Painfree AROM

### Week 16 to Return to Sport

Check with MD for clearance for:

- OH and Serving Sports
- Contact Sports
- Throwing Sports
- Swimming
- Begin full weight lifting in gym

### To return to full sport activities

- Must pass return to sport testing
- Progress prone scap exercises with wts
- Proprioception/Stabilization:
  - Statue of Liberties
  - Physioball balance
  - PNF with resistance
- Begin conventional weight lifting machines
- UE Plyometrics with rebounder:
  - Chest pass (no simulated throwing)
- Begin S/L Eccentrics for Post Cuff (manual resistå tubing)
- IR/ER strengthening at 90/90

### Goals/Restrictions/Milestones:

- Full RC strength
- Demonstrates good control with Plyometrics

### Phase VI – Return to Sports

- Throwing Progression
- Return to Sport UE Protocol
- Advanced CKC stability

### Goals/Restrictions/Milestones:

- Full AROM without shoulder hiking (dysfunctional arc)
- Good RC control

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