



# ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION  
COMBINED REHAB PROTOCOLS

**Rotator Cuff Repair Rehab Protocol**

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## TIMELINE

## GOALS

## EXERCISES/METHODS

## BRACING/SLING

<p>Early Post-operative Day 1-week 2</p>	<ul style="list-style-type: none"> <li>• Protect and maintain integrity of the repair</li> <li>• Promote healing</li> <li>• Painfree PROM shoulder</li> <li>• Diminish pain and inflammation</li> <li>• Prevent muscle inhibition</li> </ul>	<ul style="list-style-type: none"> <li>• Hand grip, finger AROM</li> <li>• Elbow and wrist AROM (** No AROM at elbow if BICEPS TENODESIS)</li> <li>• Cervical AROM, UT stretching, chin tucks</li> <li>• Patient Educ: posture, positioning, sling wear, HEP</li> <li>• Modalities: Ice, IFC/TENS e-stim</li> <li>• PROM: FF, ABd; IR/ ER (at 30-45 deg ABd), ext</li> <li>• GH joint mobs (Gr. I, II) – Ant, post, distraction</li> <li>• STM to periscap muscles and upper quarter</li> </ul>
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### Goals/Restrictions/Milestones:

Pain improved  
ROM Started

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

<p>Sub-Acute Post-Operative: 2-4 weeks Protection + Begin AAROM</p>	<ul style="list-style-type: none"> <li>• Protect and maintain integrity of the repair</li> <li>• Promote healing</li> <li>• Painfree PROM shoulder</li> <li>• Diminish pain and inflammation</li> <li>• Prevent muscle inhibition</li> <li>• Begin AAROM, continue PROM until FULL PROM achieved</li> </ul>	<ul style="list-style-type: none"> <li>• Continue as above             <ul style="list-style-type: none"> <li>• Continue PROM all directions and planes until full</li> <li>• Continue Modalities as needed</li> </ul> </li> <li>• Begin AAROM: Wall walks, supine with wand</li> <li>• Pendulums: NO ACTIVE movement</li> <li>• Table Slides – FF, ABd, scaption</li> <li>• Pulleys</li> <li>• Scapular re-education (rhythmic stabilization) in S/ L</li> <li>• Scap strength: protraction/retraction, depression/elevation</li> <li>• NMES (scapular strength, ER isometrics)</li> <li>• Cardio: Walking, stationary biking (with sling)</li> <li>• Aquatic therapy once incisions healed: shoulder AAROM</li> </ul>
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### Goals/Restrictions/Milestones:

Progressing PROM painfree  
AAROM well underway

- Sling for 6 weeks

## ROM RESTRICTIONS

- FF to full
- ABd to full
- ER to full
- IR to belly
- Ext to tolerance

## WEIGHT BEARING

- 5lbs for 6 weeks
- 20 lbs from 6-12 weeks
- No AROM at shoulder, no lifting with operated arm
- In supine, support arm posteriorly

## OTHER RESTRICTIONS AND KEY CONSIDERATIONS

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

## TIMELINE

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<p>Phase III Minimal Protection Week 4-6</p>	<ul style="list-style-type: none"> <li>• AAROM-&gt;AROM</li> <li>• D/C sling</li> <li>• Avoid lifting &gt; 5 lbs</li> <li>• Resume all ADLs with involved UE</li> <li>• Avoid overstressing the repair</li> <li>• No supporting body weight with involved hand/arm</li> <li>• Avoid excessive extension and IR</li> <li>• Minimal post-op pain with ADL's</li> </ul>	<ul style="list-style-type: none"> <li>• Cont with PROM, AAROM until full ROM achieved</li> <li>• Submax isometrics (Flex/ext, Abd/Add, IR/ER)</li> <li>• Stretching:             <ul style="list-style-type: none"> <li>• Towel IR stretch</li> <li>• Post. Capsule stretching</li> </ul> </li> <li>• UBE – no resistance</li> <li>• Initiate AROM:             <ul style="list-style-type: none"> <li>• ER in S/L</li> <li>• IR, ER in supine or standing</li> <li>• Flex, Abd, Scaption to 90 deg (thumb up) – PROGRESS S/L -&gt;SUPINE-&gt;STANDING</li> </ul> </li> <li>• Prone Rows, Supine Serratus Punches, T-band scap retraction, shrugs</li> <li>• OKC stabilization/proprioception (Supine, S/L)</li> </ul>
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### Goals/Restrictions/Milestones:

- Full PROM
- AAROM is progressing

<p>Phase IV Strength and Proprioception Week 6-8</p>	<p>Week 7- ok to lift &gt;5 lbs Begin overhead activities</p>	<ul style="list-style-type: none"> <li>• Continue as above</li> <li>• Add wts to Standing Shoulder Isotonics if good scapulohumeral rhythm with elevation (no humeral hiking)</li> <li>• UBE with resistance</li> <li>• Prone scap exercises:             <ul style="list-style-type: none"> <li>• Flexion with thumb up</li> <li>• Abduction at 100 deg thumb up (“Y”)</li> <li>• Horiz Abd with thumb up (“T”)</li> <li>• Ext with max ER/palms down (“I”)</li> </ul> </li> <li>• 6 Pack Back</li> <li>• Progress T-Band exercises:             <ul style="list-style-type: none"> <li>• No monies</li> <li>• IR/ER</li> </ul> </li> <li>• Rhythmic/Dynamic Stabilization:             <ul style="list-style-type: none"> <li>• PRN D1/D2's (no resist)</li> <li>• CKC</li> <li>• Wall Ball circles</li> </ul> </li> <li>• Wall Push-ups with a plus</li> </ul>
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### Goals/Restrictions/Milestones:

- AAROM is full and pain free
- AROM is progressing

## 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

## GOALS

## EXERCISES/METHODS

<p>Phase V Advanced Strengthening and Proprioception</p> <p>Week 8-12</p>	<ul style="list-style-type: none"> <li>• AROM</li> <li>• Return to normal light function</li> <li>• 20lbs lift restrict</li> <li>• Full ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• Progress prone scap exercises with wts</li> <li>• Proprioception/Stabilization:             <ul style="list-style-type: none"> <li>• Statue of Liberties</li> <li>• Physioball balance</li> <li>• PNF with resistance</li> </ul> </li> <li>• Begin conventional weight lifting machines</li> <li>• UE Plyometrics with rebounder:             <ul style="list-style-type: none"> <li>• Chest pass (no simulated throwing)</li> </ul> </li> <li>• Begin S/L Eccentrics for Post Cuff (manual resistà tubing)</li> <li>• IR/ER strengthening at 90/90</li> <li>• Advanced CKC stability</li> </ul>
<p><b>Goals/Restrictions/Milestones:</b></p> <ul style="list-style-type: none"> <li>• Full Painfree AROM without shoulder hiking (dysfunctional arc)</li> <li>• Full RC strength</li> <li>• Demonstrates good control with Plyometrics</li> </ul>		
<p>Phase VI Return to Sports</p> <p>Week 12+</p>	<ul style="list-style-type: none"> <li>• Wk 13 - OH and Serving Sports</li> <li>• Wk 13 – Contact Sports</li> <li>• Wk 13 – Throwing Sports</li> <li>• Wk 10-12 – Swimming</li> <li>• Wk 12 – Begin full weight lifting in gym</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing Progression</li> <li>• Return to Sport UE Protocol</li> </ul>
<p><b>Goals/Restrictions/Milestones:</b></p> <ul style="list-style-type: none"> <li>• To return to full sport activities – must pass return to sport testing</li> </ul>		

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# RETURN TO PLAY CRITERIA



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