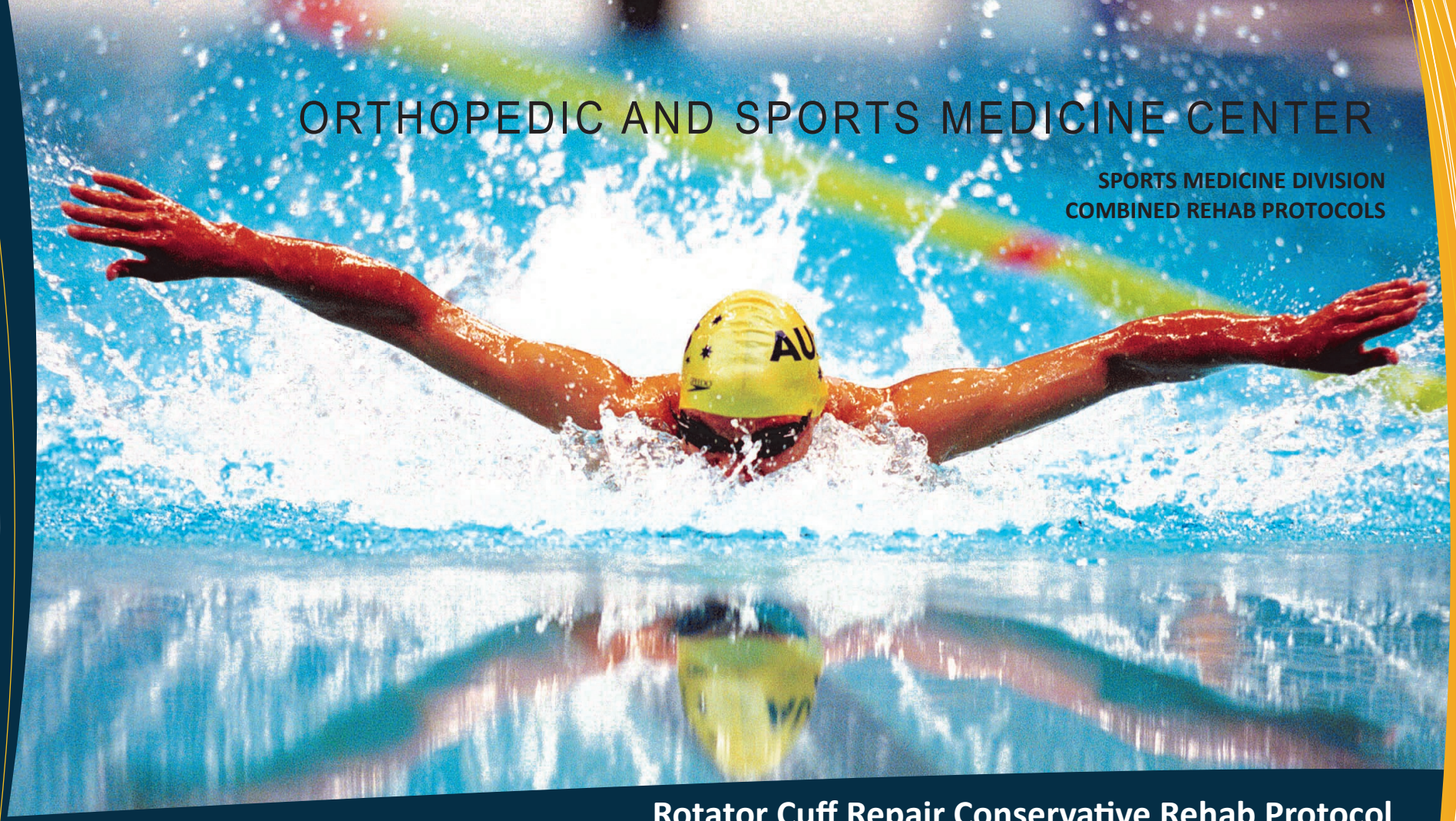
ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION
COMBINED REHAB PROTOCOLS



Rotator Cuff Repair Conservative Rehab Protocol

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AAMC ORTHOPEDIC AND SPORTS MEDICINE SPECIALISTS

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TIMELINE	GOALS	EXERCISES/METHODS
Early Post-operative Day 1-week 2	• Protect and maintain integrity of the repair • Promote healing • Painfree PROM shoulder • Diminish pain and inflammation • Prevent muscle inhibition	• Hand grip, finger AROM • Elbow and wrist AROM (*** No AROM at elbow if BICEPS TENODESIS) • Cervical AROM, UT stretching, chin tucks • Patient Educ: posture, positioning, sling wear, HEP • Modalities: Ice,
Goals/Restrictions/Milestones: Pain improved No PROM at shoulder ***Biceps Tenodesis = No Resisted Elbow Flexion for 6 weeks***		
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	• Protect and maintain integrity of the repair • Promote healing • Painfree PROM shoulder • Diminish pain and inflammation • Prevent muscle inhibition	• Continue as above • PROM: per restrictions based on repair; to tolerance only • GH joint mobs (Gr. I, II) – Ant, post, distraction • STM to periscap muscles and upper quarter • Modalities: Ice, Estim/TENS • Pendulums: NO ACTIVE movement • Scapular re-education (rhythmic stabilization) in S/L • Scap strength: protraction/retraction, depression/elevation • NMES (scapular strength, ER isometrics)
Goals/Restrictions/Milestones: Starting PROM painfree		

BRACING/SLING

- Sling for 6 weeks

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***

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TIMELINE	GOALS	EXERCISES/METHODS
Phase III –Protection Progress PROM Week 5-6: 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	• 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)
Goals/Restrictions/Milestones: • Painless PROM to limits		
Phase IV Minimal protection: AAROM begins Week 6 -8: ***If SUBSCAPULARIS repair: • Progress flex, abd, IR, ext to full PROM • ER to 60 deg	• PROM: Progress until full PROM achieved • Resume all ADLs with involved UE • Avoid overstressing the repair • No supporting body weight with involved hand/arm • Avoid excessive extension and IR	• 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

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TIMELINE	GOALS	EXERCISES/METHODS

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
		• 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, Scaption to 90 deg (thumb up) – PROGRESS S/L àSUPINEàSTANDING
		• ****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

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
		• 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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TIMELINE	GOALS	EXERCISES/METHODS

Phase VI : Advanced Strength, Proprioception
Week 12-16
	• Improved RC strength
	• Start plyo
	• Full ADL
	• Painfree AROM
		• 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 resistà tubing)
		• IR/ER strengthening at 90/90

Goals/Restrictions/Milestones: • Full RC strength • Demonstrates good control with Plyometrics		
Phase VI – Return to Sports Week 16- to Sport Return 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	• 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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RETURN TO PLAY CRITERIA

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