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Large Complete Rotator Cuff Tear Protocol (with severe tendon retraction)

Phase I: (0-6 weeks)

Goals:

Protect surgery
Decrease pain and inflammation
Gentle passive ROM
Patient education

Plan:

Ultra sling (0-6 weeks depending on repair)
Hand, elbow and wrist exercises immediately post-op in sling
Cervical spine stretches
Modalities PRN
Scapular mobilization and muscle tone
Thoracic mobilization

At 4-6 weeks post-op:

Aquatic therapy
Pendulums - may begin at 2-3 weeks
PROM (flexion to 90°, abduction to tolerance - being cautious with this movement, IR/ER as tolerated at 30° shoulder abduction)

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation
Continue to work on ROM throughout phase; use caution throughout r Begin gentle strengthening

Plan:

Modalities PRN
Aquatic therapy combined with gentle resistive activity
Scapular and glenohumeral mobilization
PROM (caution with flexion)
Begin scapular strengthening
Isometric IR/ER
Bicep/tricep strengthening UBE

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CONTINUED

Phase III: (12-24 weeks)

Goals:

Functional ROM

Improve strength / neuromuscular control End phase begin sport / activity training

Plan:

Stretching PRN

Instruct in self-stretching

Increase strength and endurance of upper quadrant

Begin machine weighted exercise

Begin coordination exercises

Biomed training / testing if requested by M.D.

Phase IV: (24+ weeks)

Goals:

Maximum ROM

Increase strength

Return patient to sport / activity

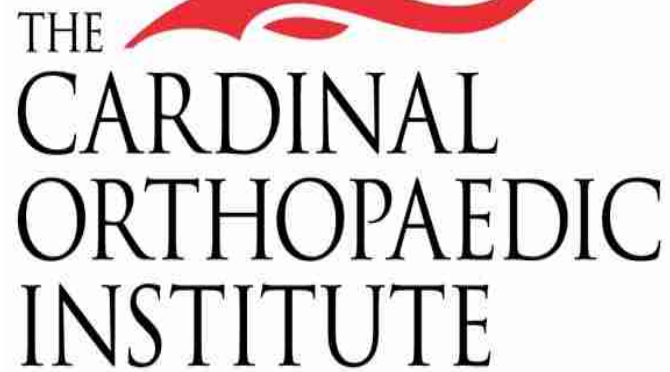
Plan:

Self-stretching

Strengthening RTC at 0°, 45°, 90°

Advanced machine weighted exercises

Specific sports related activities



**LARGE COMPLETE ROTATOR CUFF TEAR
PROTOCOL
ALONG WITH SEVERE TENDON RETRACTION**