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Medium Sized Full Thickness Rotator Cuff Repair Protocol

Phase I: (04 weeks)

Goals:

Protect surgery
Decrease pain and inflammation Increase pain-free ROM
Maintain distal muscle strength Patient education

Plan:

Ultra-sling (0-6 weeks)
Modalities including heat, IFC, ultrasound
Elbow, wrist and hand exercises Cervical spine stretches
Pendulum exercises
Scapular mobilization and strengthening
Begin PROM: gentle flexion to 90°, abduction, ER and IR as tolerated Aquatic therapy after 3 weeks
Cane exercises at end of phase I Home exercise program

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation
Functional range of motion by end of phase II Begin strengthening
Able to perform self-care ADL's with involved extremity

Plan:

Modalities PRN
AAROM with cane: all directions as tolerated
PROM: all directions as tolerated with caution to flexion Glenohumeral joint mobilization
Isometric rotator cuff strengthening UBE (mid phase II)
PNF for scapula and shoulder Home exercise program

Medium Sized Full Thickness Rotator Cuff Repair Protocol

*****CONTINUED*****

Phase III: (12-24 weeks)

Goals:

Full, pain-free ROM

Pain-free overhead activities

Improve strength and neuromuscular control (80% normal strength) Progress activity specific exercises

Improve endurance

Plan: UBE

Self stretches

Progress rotator cuff and scapular strengthening

Machine weighted strengthening

Begin coordination exercises (ball toss, Body Blade)

Biodex testing/training if requested by M.D.

Phase IV: (24 weeks+)

Goals:

Improve strength (100%) Return to sport

Plan:

Self stretches

Progress strengthening, coordination and endurance exercises

Sport activity specific exercise



**MEDIUM SIZED FULL THICKNESS
ROTATOR CUFF REPAIR PROTOCOL**