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## **OPEN ROTATOR CUFF REPAIR POST-OPERATIVE REHABILITATION PROGRAM (Deltoid Splitting)**

### **Phase One – Maximum Protection Phase (week 0-6)**

#### **A) Week 0-6**

- 1) Brace or Sling with activity and sleeping (8 weeks)
- 2) Pendulum Exercises (Gentle)
- 3) PROM to tolerance in all shoulder motions
  - Shoulder flexion
  - ER/IR
  - Extension
- 4) Elbow ROM
- 5) Hand Gripping Exercises
- 6) Ice and pain modalities as tol
- 7) No Active Abduction until 8 weeks(per physician request)

### **Phase Two – Minimum Protection/Intermediate Phase (week 7-14)**

#### **A) Week 7-10**

- 1) Begin with AAROM exercises
  - a. Flexion to 0-170°/180° as tolerated
  - b. ER/IR to tolerance (should be performed at 45-90° passive abduction)
- 2) Initiate sub maximal isometrics in neutral for shoulder flexion , extension, IR, ER and elbow flexion as tolerated. Progress to AROM/Strengthening exercises as follows:
  - a. ER/IR with theraband at 0° abduction
  - b. Being light shoulder flexion exercise with low weight
  - c. Elbow flexion/extension with low weight
  - d. Scapula stabilization exercises as tol
- 3) Initiate AAROM abduction at week 8

#### **B) Week 10-14**

- 1) Continue with all exercises above
- 2) Initiate isokinetic strengthening in the scapular plane with Biodex
- 3) Initiate sidelying ER/IR/ exercise with low weight

- 4) Initiate neuromuscular control exercises for scapular
- 5) Ensure that patient is not performing shoulder hiking as compensatory movements during shoulder flexion/abduction
- 6) Biodex testing (Week 12)

### **Phase Three – Advance Strengthening Phase (Week 15-26)**

#### **A) Week 15-20**

- 1) Aggressive strengthening program as tolerated by patient
  - Shoulder flexion
  - Shoulder abduction to 90°
  - ER/IR
  - Elbow flexors/extensor
  - Scapula muscles
- 2) Begin PNF diagonal patterns with light to moderate weight as tolerated
- 3) Shoulder stabilization exercises below or at shoulder height

#### **B) Week 21-26**

- 1) Continue with aggressive strengthening
  - Progression abduction strengthening to 120-140°
- 2) Biodex test (week 24)
- 3) Initiate sport specific activity

### **Phase Four – Return to Activity Phase (Week 24-28)**

#### **A) Week 24-28**

- 1) Continue with all strengthening exercises
- 2) Patient may start independent resistive exercise program at gym
- 3) Continue with sport specific activity
- 4) Return to work/sports activity