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ARTHROSCOPIC LARGE TO MASSIVE ROTATOR CUFF REPAIR POST-OPERATIVE PROTOCOL (Greater than 5 cm)

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

A) Week 0-4

- 1) Brace or Sling with activity and sleeping
- 2) Pendulum Exercises (Gentle)
- 3) PROM to tolerance in all shoulder motions
Shoulder flexion
ER/IR
- 4) Elbow ROM
- 5) Hand Gripping Exercises
- 6) Submaximal Isometrics at neutral (resting) position of shoulder
Flexors
Extensors
IR/ER
Elbow Flexors
- 7) Ice and pain modalities (E-stim, Ionto, US, Phonophoresis) as tolerated
- 8) No Active Abduction
- 9) Gentle AAROM at week 2
Shoulder flexion
ER/IR

B) Week 4-8

- 1) Discontinue brace or sling at 6-8 weeks (per physician request)
- 2) Continue with all other exercises as above
- 3) AAROM exercises
Shoulder flexion to 0-100°
ER/IR to 40°
- 4) Continue with no active abduction until 8 weeks (per physician request)
- 5) Continue pain modalities (E-stim, Ionto, US, Phonophoresis)

Phase Two – Minimum Protection/Intermediate Phase (week 8-14)

A) Week 8-10

- 1) Continue with AAROM exercises
 - Flexion to tolerance
 - ER/IR to tolerance (should be performed at 45-90° passive abduction)
 - May begin light AAROM into abduction to tolerance.
- 2) Begin AROM/Strengthening exercises
 - ER/IR with theraband at 0° abduction
 - Begin light shoulder flexion exercise with low weight to 90°
 - Elbow flexion/extension with low weight
 - Scapula stabilization exercises as tolerated

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 scapula
- 5) Ensure that patient is not employing a hypermobile scapula, or performing shoulder hiking as compensatory movements during shoulder flexion/abduction

Phase Three – Advance Strengthening Phase (Week 15-24)

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
 - Rebounder for plyometric activity

B) Week 21-26

- 1) Continue with aggressive strengthening
Progress abduction strengthening to 120-140°
- 2) Biodex testing (Week 21) for ER/IR at 180° per second and 300° per second
- 3) Initiate interval sport program

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