

Greater Hartford Orthopedic Group, P.C.

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Postoperative Rehabilitation Protocol: Rotator Cuff Repair- Small/Medium Tears

Phase I: Weeks 0-4

GOALS: Minimize pain and swelling, Protect rotator cuff, Facilitate full passive range of motion, Maintain muscle activity of rotator cuff/scapular stabilizers, encourage HEP

Immobilization: Use sling for about 4 weeks.
Sling to be worn at all times except for hygiene and home exercises
Gradually wean out as approved per MD

Precautions: No AROM
No excessive stretching, sudden movements or excessive motion behind back
No supporting of body weight

Modalities: Cryotherapy

ROM: Home Passive Flexion and ER to tolerance
Use 30 min/session 3x/day for 2-3 weeks
Elbow, wrist and hand ROM to be full
Any ROM limitations will be directed by MD (if other procedures were performed)
PROM to be full by week 6, progression as tolerated or per individual surgical limitations

Exercises: Pendulums, elbow, wrist and hand motions including grip strengthening, Table slides, and overhead pulleys for patient PROM
PROM.
Joint mobilization as indicated (Grades I-II)
Begin scapular control exercises (start in sidelying)
PROM with L-bar/cane for IR/ER at 30-45 ABD at week 2-3

Phase II: Weeks 4-8

GOALS: Minimize pain, facilitate full PROM, Protect rotator cuff, Maximize strength of rotator cuff/scapular stabilizers

Immobilization: Begin to wean out of sling at 4 weeks

Modalities: Cryotherapy

ROM: PROM expected to be full in all motions by week 6, aggressively pursue any deficiencies
Begin active/assistive ROM exercises by week 4

Exercises: Overhead pulleys, canes and pendulum as indicated
PROM

Joint mobilizations as indicated (Grades I-III)
Begin submax isometrics with arm at neutral for RTC and deltoid at week 4-6
Progress scapular stabilization program (sidelying to prone)
Begin Rhythmic Stabilization

Phase III: Weeks 8-12

GOALS: Minimize pain, Facilitate full PROM and AROM, Protect rotator cuff, Maximize strength of rotator cuff/scapular stabilizers, Pursue independent function with upper extremity

Modalities: Cryotherapy

ROM: PROM expected to be full-aggressively pursue any deficits
Begin AROM with arm at side at week 6-8
Gradually work towards active elevation against gravity - avoid scapular substitution

Exercises: Overhead pulleys, canes, other Active Assistive exercises as indicated
PROM as needed
Joint Mobilizations as indicated (Grades III-IV)
Progress scapular PRE's in prone position
Progress to RTC PRE's with bands and weights
Progress active resistive exercises throughout-TOTAL ARM STRENGTHENING
- Be sure to watch control and scapular substitution
- Avoid overhead resistance exercises

Phase IV: Weeks 12- 4+ Months

GOALS: Protect rotator cuff, Maximize strength of rotator cuff and scapular stabilizers, Return to pain free functional sport and/or work activities

Exercises: TAS progression, advancing resistance as tolerated
Throwing program, overhead activities at 4 months if strength goals met

May Return to sport if full painless ROM and normal strength have been achieved.