

Greater Hartford Orthopedic Group, P.C.

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Postoperative Rehabilitation Protocol: Subacromial Decompression/Partial Rotator Cuff Tear

Phase I: Weeks 0-4

GOALS: Minimize pain/swelling, PROM and AROM as tolerated, encourage HEP

Immobilization: Sling worn for comfort and when out in public
May begin to wean out of sling during 1st week

Modalities: Cryotherapy

ROM: Push ROM as tolerated
Patient to progress to full ROM of all motions by week 4

Exercises: Elbow, wrist and hand ROM, pendulum, table slide, cane exercises, overhead pulley
PROM
Begin submaximal isometrics weeks 1-2 (progress intensity as tolerated)
Scapular stabilization program (start sidelying then progress to prone)
Begin Rhythmic Stabilization week 2-3 (start arm at side then progress ranges)
Progressing PRE's (arm at side) at 3-4 weeks pending tolerance

Phase II: Weeks 4-8

GOALS: Demonstrate full AROM and PROM in all planes, maximize strength of rotator cuff and scapular stabilizers

Modalities: Cryotherapy

ROM: PROM should be full in all directions or aggressively pursued

Exercises: Pulleys, pendulum, passive ROM
Proprioceptive training-progressing rhythmic stabilization in standing
Progress PRE's (0-90) to maximize scapular and rotator cuff strength
Total Arm Strengthening.
Begin overhead activities

Phase III: Weeks 8+

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

Exercises: Emphasize progression of PRE's (all ranges) and Total Arm Strengthening
Begin Throwing program and overhead activities

Return to Sport/Function: Strength goals met
Pain free
Completion of Throwing Program