

Rotator Cuff Repair

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Dr. Bradley Raphael MD

Complete Supraspinatus Repair Physical Therapy Protocol Medium Tear

STAGE 1 Protection

Post-Operative 0-3 Weeks

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Do not start physical therapy until instructed to.

GOALS

- **Protect repaired tendon.**
- **Full passive range of motion.**
- **Decrease pain.**

PRECAUTIONS

- **No resistive abduction.**

TREATMENT

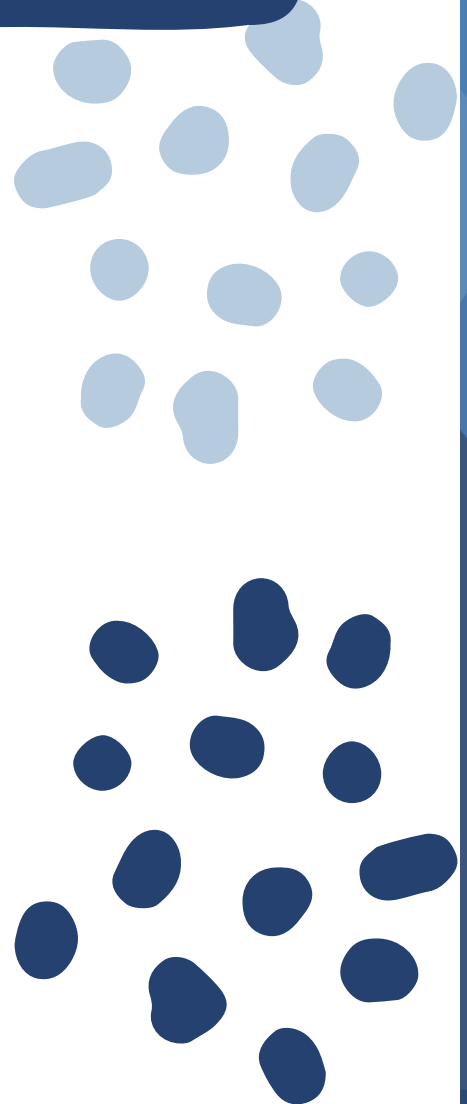
- Sling at all times, during the day and at night.
 - Pendulum exercises.
 - Pain control modalities.
 - Passive range of motion.
- (painfree, gentle and gradual progression to full range of motion as tolerated)

Post-Operative 3-6 Weeks

[illegible]

TREATMENT

- **Continue with sling**
 - Discontinue sling at 6 Weeks**
 - Only after follow-up appointment with Dr. Raphael.**
- **Active assistive ROM**
 - internal (towel)**
 - external rotation (t-bar)**
 - wall pulleys for flexion and abduction.**
- **Continue with passive ROM. If passive ROM isn't progressing - structured aquatic exercises only with physician discretion.**
- **Submaximal isometrics for all planes EXCEPT ABDUCTION.**
- **Elbow exercises.**
- **Hand gripping exercises.**
- **Began scapular stabilization exercises, no resistance.**



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Practicing Locations

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5719 Widewaters Parkway Syracuse NY 13214

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STAGE 2 Intermediate

Post-Operative 6-12 Weeks

GOALS

- **Prepare for strengthening.**
- **Home exercise program.**

PRECAUTIONS

- **Gentle PRE's in abduction.**

TREATMENT

- **Active assistive ROM exercises.**
t-bar for flexion, abduction and extension.
- **Shoulder abduction isometrics sub-maximal to maximal efforts in all planes.**
- **Tubing for internal and external rotation progressing to PRE's as appropriate.**
- **Add resistance to scapular stabilization exercise sub-maximal to maximal effort, push up, push up plus, seated depressions.**
- **Add Rotator cuff program without resistance (standing to 90) may add weight at 10 weeks if appropriate and approved by physician.**
- **Home exercise program as above**

STAGE 3 Strengthening

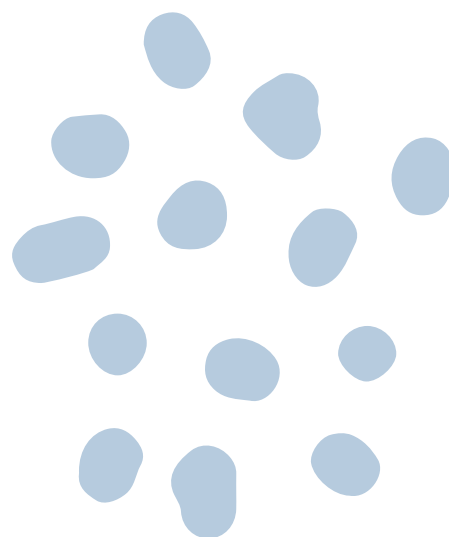
Post-Operative 12-18 Weeks

GOALS

- Full strength for release by physician at 18 weeks if appropriate.
- Home exercise program.

TREATMENT

- Continue with exercises as above.
- Add resistance to rotator cuff program (if not added at 10 weeks)
- Neuromuscular re-education and sports specific activities.
- Home exercise program as above.



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