

Rotator Cuff Repair
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Dr. Bradley Raphael MD

**Partial Supraspinatus Repair
Physical Therapy Protocol**

STAGE 1 Initial Post-Operation

Post-Operative 0-3 Weeks
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GOALS

- Protected repaired tendon
- Gradual return to full ROM
- Decrease pain
- Increase shoulder strength

PRECAUTIONS

- **NO RESISTIVE ABDUCTION**

TREATMENT:

- Sling for comfort, discontinue when tolerated
- Pendulum exercise
- Active assisted ROM exercises
 - T-bar all planes
 - rotation at 45 degrees
- Wall pulleys for flexion only
- Elbow and hand gripping exercises
- Shoulder isometrics
 - sub-maximal and pain-free isometrics
 - NO ABDUCTION ISOMETRICS**
- Pain control modalities
- Active motion
 - extension, internal and external rotation with resistance (tubing) as tolerated.
- Passive ROM: pain-free, gentle and gradual increase to patient tolerance
- Begin scapular stabilization exercises with no resistance (shrugs, retractions)
- Home exercise program



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Practicing Locations

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STAGE 2 Intermediate

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GOALS:

- Increased to full passive ROM
- Full scapular stabilization and rotator cuff program
- Home exercise program

PRECAUTIONS

- **PROGRESS SLOWLY WITH ABDUCTION PRE's**

TREATMENT

- **Progress all exercises as stated above**
- **UBE for active warm up**
- **Active ROM**
 - Begin rotator cuff program with no weight**
 - Standing to 90**
- **Add resistance to scapular stabilization**
 - add wall push-ups progressing to push up plus**
 - add seated depressions**
- **Home exercise program as above**

STAGE 3 Strengthening

Post-Operative 6-12 Weeks

GOALS

- Increased to full scapular stabilization and rotator cuff strength
- Return to activity at 12 weeks if cleared by the physician
- Home exercise program

TREATMENT

- **Progress exercise as above – add resistance to rotator cuff program**
- **Neuromuscular re-education and activity specific exercise**
- **Home exercise program as above**

