

# Rotator Cuff Repair

## Dr. Bradley Raphael MD

### Supraspinatus and Infrapinatus Repair Physical Therapy Protocol

#### STAGE 1 Protection

##### Post-Operative 0-3 Weeks

###### GOALS

- Protected repaired tendon.
- Gradual return to full passive ROM.
- Decrease pain.

###### PRECAUTIONS

- **NO RESISTIVE ABDUCTION AND EXTERNAL ROTATION.**
- **NO ISOMETRICS.**

###### TREATMENT

- Sling at all times, during the day and at night.
- Pendulum exercise.
- Pain control modalities.
- Passive ROM: pain-free, gentle and gradual increase to patient tolerance.

##### Post-Operative 3-6 Weeks

###### TREATMENT

- Continue with sling.
- Active assisted ROM
  - Internal (towel)
  - External rotation (T-bar)
  - Wall pulleys for flexion and abduction
- Continue with passive ROM as above.
- If passive ROM is not improving progress to structured aquatic exercise per physician's discretion.
- **NO SWIMMING.**
- Elbow and hand gripping exercises.
- Begin scapular stabilization exercises with no resistance.
- Home exercise program as above.



**SOS** SYRACUSE  
ORTHOPEDIC  
SPECIALISTS

DR. BRADLEY RAPHAEL MD

(315) 701-4024

raphaelmd.com

Practicing Locations

8324 Oswego Road suite 8 Liverpool NY 13090

5801 East Taft Road North Syracuse NY 13212

5719 Widewaters Parkway Syracuse NY 13214

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### STAGE 2 Intermediate

#### Post-Operative 6-12 Weeks

##### GOALS

- Full Range of motion.
- Prepare for strengthening phase.
- Home exercise program.

##### PRECAUTIONS

- **NO FLEXION UNTIL 12 WEEKS.**

##### TREATMENT

- Continue with exercises above.
- Add active assistive ROM exercises
  - T-bar for flexion
  - Abduction and extension
  - External rotation
  - Internal rotation
  - Progressing to towel stretch Wall pulleys
- Shoulder isometrics sub-maximal to maximal efforts in all planes without pain, slower progression for abduction and external rotation motions.
- Add resistance to scapular stabilization exercise sub-maximal to maximal effort, push up, push up plus, seated depressions.
- If appropriate at 8 weeks gradual progression to add active ROM (standing to 90°) with progression to full rotator cuff program NO weight until 12 weeks.
- Progress to UBE for active warm-up between 8 – 10 weeks.
- Home exercise program as above.



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### STAGE 3 Strengthening

Post-Operative 12-18 Weeks

#### GOALS

- Full strength for release by physician at week 18.
- Home exercise program.

#### TREATMENT

- Continue with the exercises above.
- Add resistance to rotator cuff program.
- Neuromuscular re-education and sports specific activities.



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