Rotator Cuff Repair Dr. Bradley Raphael MD

Supraspinatus and Infraspinatus 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.





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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

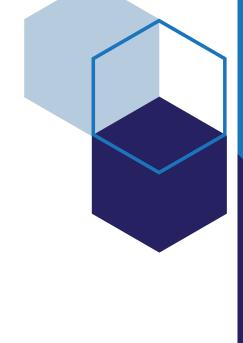
Abduction and extension

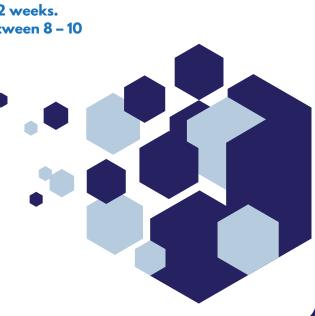
External rotation

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 submaximal 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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