

Rotator Cuff Repair

- Obtain pain free passive and active ROM with appropriate mechanics
- Diminish early pain and inflammation
- Less assertive therapy produces improved motion, strength, patient satisfaction, and functional outcomes
- If in doubt, LESS is MORE when doing shoulder rehabilitation
- No forceful manual stretching is indicated in any case
- No strengthening or resistance training for four months, unless instructed by the surgeon
- No wall crawl/arm bike for minimum of 12 weeks
- In sling for 6 weeks - may come out at home in a quiet, controlled environment
- If biceps tenodesis is performed, avoid active biceps contraction and eccentric load for 12 weeks
- No use of involved upper extremity unless directed by the surgeon

0-2 weeks

Codman's, circumduction only; *no swaying of the body
Wrist/hand ROM, light grip strength

2-6 weeks

PROM:FF 120 degrees passively
ER 30 degrees passively in scapular plane
~gently as tolerated per pain and per end feel

Home Program:

Codman's circumduction only; *no swaying of the body
Supine passive elevation with wrist grabbing with contralateral hand
Supine ER with wand in scapular plane 30 degrees

Begin active assisted FF in supine position with wand (with pronated hand) at 4-6 weeks
No isometrics
May take off the abductor pillows during this period based on comfort

**At 6-8 week attending surgeon follow-up, the surgeon will be assessing for pain level and passive end feel at this office visit.*

May use recumbent bike for cardiovascular exercise at 5 weeks

7-12 weeks

PROM:FF 150 degrees passively

May start standing active assisted FF with wand depending upon pain level

ER 45 degrees passively in scapular plane per pain and per end feel

*At 8-10 weeks, start IR 30 degrees in scapular plane per end feel

Initiate use of pulley in sagittal plane only

~Work to scapular plane only as tolerated by pain

Scapular sub-pain and submaximal isometrics (shrugs/retraction only)

13-16 weeks

A-PROM: FF full passively

ER as tolerated per pain and per end feel

Passive IR to 45-60 degrees in scapular plane

~gently as tolerated per pain and per end feel

NO forceful stretching

The patient must have full, PAIN FREE AROM before initiating the following strengthening:

Short lever scapular exercises (begin Tband at yellow)

Tband bilateral rows

Tband triceps extension at zero degree abduction

Bent over single arm rowing starting with 1-2 lb dumbbell weight

Elbow flexion starting with 1-2 lb dumbbell weight

17-24 weeks

Tband IR and ER

Flexion and scaption to 90 degrees starting with 1-2 lb dumbbell weight

Prone horizontal abduction starting with 1-2 lb dumbbell weight

Side lying ER starting with 1-2 lb dumbbell weight

Tband PNF D2 extension

**Work to long lever exercises only when appropriate mechanics are archived and must be pain free

May start jogging at 17 weeks

No throwing/golfing/ other impact activities for at least 6 months after surgery