

Rotator Cuff Repair

PHASE I (0-6 weeks after surgery)

Goals	<ul style="list-style-type: none"> Restore passive range of motion after 2 weeks
Precautions	<ul style="list-style-type: none"> Keep incision clean and dry 0-2 weeks: immobilized at all times (off for exercises and hygiene) 2-4 weeks: immobilized day time only No active range of motion; no lifting > coffee cup
Exercises	<ul style="list-style-type: none"> 0-6 weeks: Elbow and wrist range of motion, grip strength, pendulums, saws and table slides Closed chain scapula mobility (no resistance) 4x/day; 10 min/session
ROM Goals	<ul style="list-style-type: none"> 0-2 weeks: full elbow, wrist, and hand 2-6 weeks: progressive range of motion Limit to 90° flexion, 45° ER, 20° extension, 45° abduction, 45° abduction/ER



Grip Strength



Pendulums

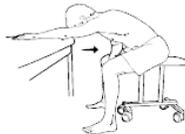
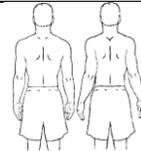


Table Slides



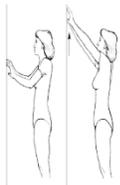
Saws



Scapular Mobility

PHASE II (6-12 weeks)

Goals	<ul style="list-style-type: none"> Restore range of motion (continue passive and begin active/active assisted)
Precautions	<ul style="list-style-type: none"> Discontinue use of sling Do not use involved arm to pick anything up or carry anything Avoid lifting arm to the side, away from your body
Exercises	<ul style="list-style-type: none"> Resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff Continue phase I exercises until each can be progressed to active Supine passive ER progressing to 90° abduction Wall slides and IR towel stretch Side lying IR, ER Prone row, extension, horizontal abduction, scaption Isometric IR, ER beginning week 8
ROM Goals	<ul style="list-style-type: none"> 140° flexion, 135° abduction, 90° abduction/ER, 45° abduction/internal rotation - IR Active/Active Assisted range of motion



Wall Slides



IR Stretch



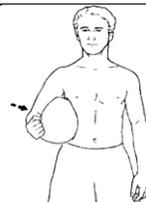
Flexion



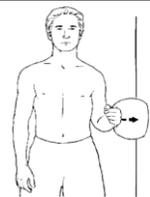
ER/IR



Abduction



Isometric IR



Isometric ER

PHASE III (12-16 weeks)

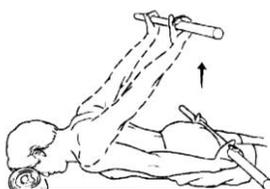
Goals	<ul style="list-style-type: none"> Gradual return to full active range of motion
Precautions	<ul style="list-style-type: none"> Cycling and running may begin as tolerated at 12 weeks
Exercises	<ul style="list-style-type: none"> Continue phase II exercises Glenohumeral stabilization Upper body ergometer Resistance band (RB) or dumbbell (DB) IR, ER, prone extension and horizontal abduction,



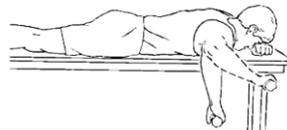
RB IR



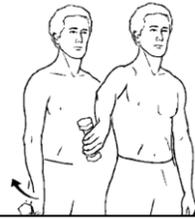
RB ER



Prone Extension



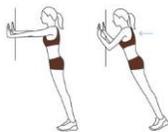
Prone Abduction/ER



DB Suprapinatus

PHASE IV (4-6 Months)

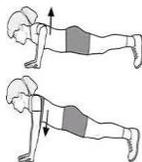
Goals	<ul style="list-style-type: none"> Full pain free range of motion
Precautions	<ul style="list-style-type: none"> Maintain range of motion and flexibility
Exercises	<ul style="list-style-type: none"> Push up progression Proprioceptive drills Plyometric and throwing program Aggressive scapular stabilization and eccentric strengthening Core Strengthening



Wall Push Ups



Chair Push Ups



Push Ups



Scapular Stabilization



Crunches



Bridging

PHASE V (6-8 months)

Goals	<ul style="list-style-type: none"> Return to full activity as tolerated
Precautions	<ul style="list-style-type: none"> Must have full and pain-free range of motion
Exercises	<ul style="list-style-type: none"> Progress with exercises from Phase IV

*Distal clavicle excision; horizontal adduction is restricted for 8 weeks post-op

**If biceps tenodesis is performed restrict flexion and eccentric loading on biceps; 6 weeks post-op