

TYPE II ROTATOR CUFF REPAIR PROTOCOL

(arthroscopic tears for large to massive tears > 5 cm)

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PATIENT _____

DATE OF SURGERY _____

GOALS

- 1 Maintain integrity of repair. Never overstress healing tissue
- 2 Reestablish full PROM as quickly and safely as possible
- 3 Reestablish dynamic humeral head control
- 4 Improve external rotation muscular strength and muscular balance
- 5 Initiate resisted shoulder abd and flex when muscular balance is restored
- 6 Caution against overaggressive activities (tissue healing constraints)
- 7 Restore patient's functional use of the shoulder, but do so gradually
- 8 Active rotator cuff muscles through inhibition of pain

PHASE I: IMMEDIATE POST SURGICAL PHASE - Initial visit POD #2 or #3 - Week 3

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|---------------|---|---------------------|---|
| GOALS: | Maintain integrity of repair Diminish pain and inflammation Prevent muscular inhibition | PRECAUTIONS: | Maintain arm in brace, remove for exercise No lifting with involved arm No excessive shoulder extension No aggressive stretching or sudden movt. No supporting of body weight with hand Keep incision dry and clean Sling for 6 weeks |
|---------------|---|---------------------|---|

DAY 1-6:

- Sling or slight abduction brace (per physician)
- Pendulum Exercises ONLY
- Scapular retractions
- Elbow/Hand gripping and ROM exercises
- Cryotherapy (15-20 min every hour)
- E-stim as needed for pain
- Sleep in sling or brace

DAY 7 -10:

- Continue above exercises
- Continue modalities as needed
- Continue sleeping in brace

PHASE II: PROTECTION PHASE WEEK 4- WEEK 5

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| GOALS: | Allow healing of soft tissue Do not overstress healing tissue Gradually restore full PROM Decrease pain and inflammation | PRECAUTIONS: | No lifting No excessive behind the back movt No supporting of body weight with hand No sudden motions |
|---------------|---|---------------------|--|

Weeks 4-5

- Continue sling
- Continue above exercises
- Begin PROM
 - Flex 0-90
 - ER to 30 at 90 degrees abd
 - IR to 30 at 90 degrees abd
- Continue modalities as needed
- Continue above precautions

PHASE III: EARLY INTERMEDIATE PHASE WEEK 6-12

GOALS: Full PROM week 10-12
Begin AROM
Dynamic Shoulder stability
Gradual restoration of shoulder strength and power

Weeks 6-9

- Discontinue sling 6 weeks after surgery
- Continue above exercises
- Initiate therapist assisted, AAROM in supine (per patient tolerance)
- AAROM with wand
- Progressive PROM until approx full at 12 weeks
- Initiate submax isometrics in standing with elbow bent
- Initiate prone rowing to neutral arm position
- Initiate Isotonic elbow flexion
- May use heat prior to exercise
- May use pool for light ROM exercises

Weeks 10-12

- Continue above exercises
- Initiate AROM
 - Shoulder flexion in scapular plane
 - Shoulder abduction
- Initiate Isotonic strengthening
 - IR/ER tubing
 - Side lying ER/IR
 - Prone Rowing
 - Prone Horz abduction
 - Bicep Curls
 - Elbow Extension

PHASE III: LATE INTERMEDIATE PHASE WEEKS 13-16

GOALS: Full AROM week 16
Maintain full PROM
Dynamic Shoulder stability
Gradual restoration of shoulder strength and power
Gradual return to functional activities

Week 13

- Continue above exercises as needed
- Initiate dynamic stabilization drills
- Progress strengthening as listed above

Week 15

- Initiate light functional activities when physician permits

PHASE IV: ADVANCED STRENGTHENING PHASE WEEK 17-23

GOALS: Maintain full nonpainful ROM
Enhance functional use of the UE
Improve muscular strength and power
Gradual return to functional activities

Week 17

- Continue ROM and stretching to maintain full ROM
- Self capsular stretching
- Progress shoulder strengthening to functional shoulder exercises

Week 21

- Continue above exercises
- Continue to perform ROM stretching if motion is not complete

PHASE V: RETURN TO ACTIVITY PHASE WEEK 24-30

GOALS: Gradual return to strenuous work activities
Gradual return to recreational sport activities

Week 24

Continue above exercises

Week 30

May initiate interval sport program, i.e. golf, etc

Physician Signature: _____