TYPE I ROTATOR CUFF REPAIR PROTOCOL
(arthroscopic tears for small to large tears with good tendon quality >1cm, <5cm)

JOSEPH R. MISSION, MD

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

GOALS:
Maintain integrity of repair
PRECAUTIONS:
Maintain arm in brace, remove for exercise
Gradually increase PROM
No lifting with involved arm
Diminish pain and inflammation
No excessive shoulder extension
Prevent muscular inhibition
No aggressive stretching or sudden movements
No supporting of body weight with hand
Keep incision dry and clean

PHASE I: IMMEDIATE POST SURGICAL PHASE DAY 1-10

GOALS: Maintain integrity of repair
PRECAUTIONS: Maintain arm in brace, remove for exercise
Gradually increase PROM
No lifting with involved arm
Diminish pain and inflammation
No excessive shoulder extension
Prevent muscular inhibition
No aggressive stretching or sudden movements

DAY 1-6:
Sling or slight abduction brace (per physician)
Pendulum Exercises
PROM
Flexion 0-90 per tolerance
ER in scapular plane to 35 per tolerance
IR in scapular plane to 35 per tolerance
Table glides
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
PROM
Flexion 0-105
ER in scapular plane to 35-45
IR in scapular plane to 35-45
Continue modalities as needed
May begin weaning out of sling and pillow at day 10-14, as needed to sleep

PHASE II: PROTECTION PHASE DAY 11 - WEEK 6

GOALS: Allow healing of soft tissue
PRECAUTIONS: No lifting
Do not overstress healing tissue
Gradually restore full PROM
No excessive behind the back movement
Decrease pain and inflammation
No supporting of body weight with hand
No sudden motions
Day 11-14
- Discontinue use of sling/brace
- Continue above exercises
- PROM
  - Flex 0-125-145
  - ER to 45 at 90 degrees abd
  - IR to 45 at 90 degrees abd
- Continue modalities as needed
- Continue above precautions

Day 15-28
- Continue above exercises
- AAROM with wand
- Therapist assisted AAROM per patient tolerance
- Initiate prone rowing to neutral arm position
- Initiate submax isometrics in standing with elbow flexed
- Initiate Isotonic elbow flexion
- May use heat prior to exercise
- May use pool for light ROM exercises

Day 29-42
- Continue above exercises
- Initiate AROM
  - Shoulder flexion in scapular plane
  - Shoulder abduction
  - *patient must be able to elevate arm w/o shoulder or scapular hiking before continuing
- Initiate Isotonic strengthening
  - ER tubing
  - Side lying ER/IR
  - Prone Rowing
  - Prone Horz abduction
  - Bicep Curls

PHASE III: INTERMEDIATE PHASE WEEK 7-14

GOALS:
- Full AROM week 10-12
- Maintain full PROM
- Dynamic Shoulder stability
- Gradual restoration of shoulder strength and power
- Gradual return to functional activities

Week 7
- Continue PROM/Stretching as needed
- Continue dynamic stabilization drills
- Progress strengthening
  - ER/IR tubing
  - ER sideling
  - Lateral Raises
  - Full can in scapular plane
  - Prone rowing
  - Prone Horz abduction
  - Prone extension
  - Elbow Flexion
  - Elbow Extension

Week 8
- Continue above exercises
- Initiate light functional activities when physician permits

Week 14
- Continue above exercises
- Progress to functional shoulder exercises
**PHASE IV: ADVANCED STRENGTHENING PHASE WEEK 15-22**

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

**Week 15**
- Continue ROM and stretching to maintain full ROM
- Self capsular stretching
- Progress shoulder strengthening to functional shoulder exercises
- Initiate interval golf program if appropriate

**Week 20**
- Continue above exercises
- Progress golf program to playing golf if appropriate
- Initiate interval tennis program if appropriate
- May initiate swimming

**PHASE V RETURN TO ACTIVITY PHASE WEEK 23 - 30**

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

**Week 23**
- Continue above exercises
- Progression to sport participation

**Week 26**
- May initiate interval sport program, i.e. golf, etc

Physician Signature: ____________________________