

ROTATOR CUFF REPAIR PROTOCOL

(arthroscopic tears for small to large tears with good tendon quality >1cm, <5cm)

JAMES M. NIEMAN, 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

PHASE I: IMMEDIATE POST SURGICAL PHASE DAY 1-10

GOALS:	Maintain integrity of repair Gradually increase PROM 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
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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 plan 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 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
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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
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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
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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
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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: _____