

Rotator cuff repair (protocol A)

Initial 5 days (pre-physical therapy)

- Surgeon instructed pendulum exercises
- use of sling
- ice and analgesia

Week 0-3

- GOALS:**
- passive flexion to 140°
 - full understanding and compliance with home exercise program
 - external rotation to 20°

On site program:

passive ROM (gentle and gradual - increase to tolerance)
continue pendulums exercises (prone position)
forward flexion in supine position
external rotation
posterior capsule stretching
pulley (flexion only)

Teach home program:

use of pulley
use of cane (L-bar)

- PRECAUTIONS:**
- use of sling
 - **PASSIVE MOTION ONLY (UNTIL 3 WEEKS POST-OP)**
 - **NO passive extension (until 4 weeks post-op)**
 - notify physician if ROM goals not achieved

Week 4-6

- GOALS:**
- full passive forward flexion
 - active forward flexion to 120°
 - external rotation to 30°
 - discontinue sling

On site program:

aggressive passive ROM (all directions)
begin AAROM
forward flexion
external rotation
extension (gentle)

Teach home program:

use pulley with AAROM
home stretching with L-bar

- PRECAUTIONS:**
- no resistance exercises
 - contact physician if goals not achieved by 6 weeks

Week 7-12

- GOALS:**
- full active ROM
 - improve strength
 - synchronous motion - no hitches/shrugs

On site program:

Active ROM - all directions
internal and external rotation at 90° abduction
Strengthening
begin use of tubing
begin isotonic exercises (low weights)

Teach home program:

use of tubing
continue stretching

- PRECAUTIONS:**
- exercises to be performed pain-free only

After week 12

- GOALS:**
- restore full strength
 - synchronous shoulder motion
 - improve endurance
 - sport-specific / work specific training
 - return to functional activities

MODALITIES TO USE

- ELECTRICAL STIMULATION
- ICE (AFTER SESSION)
- ULTRASOUND AS NEEDED

SPECIAL INSTRUCTIONS: