

POST-OPERATIVE INSTRUCTIONS:
ROTATOR CUFF REPAIR REHAB PROTOCOL FOR THERAPIST

Detailed Protocol:

WEEK 0-2

1. Remove dressing on day 2 and apply band-aids
2. Daily underarm hygiene
3. Shoulder immobilizer at all times except bathing, dressing, and exercises
4. Patient HEP (3x daily): AROM elbow, wrist, grip (squeeze ball), standing pendulum exercises (weight-bearing over a ball or countertop) **Home PROM and AAROM with cane, pulleys, or opposite arm assistance in supine position to tolerance**
5. Therapist: PROM to tolerance (No restrictions), **Joint mobilization of glenohumeral and scapulothoracic joints. Side-lying scapular protraction/retraction (add manual resistance to encourage early serratus anterior and lower trapezius activation and endurance) Submaximal isometrics IR/ER, flexion/extension, adduction (No abduction)**
6. Modalities PRN, Ice after exercises

WEEK 2-4

1. Wean from shoulder immobilizer during the day, continue night use until week 6 (continue elbow at side unless supervised by therapist)
2. Increase PROM of shoulder
3. AAROM in supine in pain-free range with emphasis on eccentric contraction
4. Add abduction to isometric exercises
5. PRE: Biceps/triceps
6. **Submaximal rhythmic stabilization exercises with arm in 90 degrees flexion in supine (balance point) Begin active scapular strengthening exercises (scapular retraction with depression(lower trap) and scapular depression continuing manual side-lying protraction retraction. Add UBE**

WEEK 4-6

1. Progress to AROM in all shoulder motions
2. Continue scapular strengthening (**high rows, low rows, standing protraction/retraction (serratus anterior) Side-lying ER, prone extension, prone horizontal abduction (limited to 45 degrees) flexion to 90 degrees, supine IR - low resistance high repetition (30 reps) is recommended with no resistance initially**)

WEEK 6-8

1. PRE all muscles: weights/closed chain/theraband/PNF
2. Kin Com/Cybex, if appropriate: passive and isotonic

WEEK 8-10

1. PRE all muscles: weights/closed chain/theraband/PNF
2. Kin Com/Cybex, if appropriate: passive and isotonic
3. **Plyometrics (chest presses, etc.)**

WEEK 10-12

Return to activity when ROM and strength goals achieved

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