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## ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

**PATIENT NAME:**

**DATE OF SURGERY:**

**BODY PART/SIDE:**

**IMPORTANT ITEMS:**

- 1 Patient **MUST** regain **FULL PASSIVE** forward elevation by **6 WEEKS POST-OP**
- 2 **NO ACTIVE SHOULDER ROM FOR 6 WEEKS POST-OP**
- 3 **NO** isolated biceps activation for **8 WEEKS POST-OP** if arthroscopic biceps tenodesis was also performed
- 4 **NO** strengthening until **12 WEEKS POST-OP**
- 5 **SLING** to be worn at all times [*including when sleeping*] for **6 WEEKS POST-OP**; Can be removed for hygiene and exercises **ONLY**

**PHASE I PRECAUTIONS**

- NO** lifting or carrying of objects
- DO NOT** actively raise arm or elbow away from body

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
Initiate pendulums	Posterior capsule mobilizations
PROM elbow, wrist, & hand	
Begin <b>SUPINE</b> shoulder PROM	
<b>AVOID</b> excessive stretching [including anterior capsule and extension]	Scapular retractions
<b>AVOID</b> supporting of body weight by hands	

**GOALS TO PROGRESS TO PHASE II**

- Pain and inflammation controlled
- Ensure wound healing
- Protect Repair

**PHASE II PRECAUTIONS**

- Continue Phase I Precautions

PHASE II [2-4 WEEKS]	
ROM	STRENGTH
Continue phase I ROM	Continue phase I exercises
Initiate shoulder PROM in abduction	Progress scapular and glenohumeral joint mobilizations
Begin shoulder IR & pectoralis minor flexibility	Begin seated wand exercises
Begin <b>SUPINE</b> cross-chest stretching	
Begin wall slide stretching	

**GOALS TO PROGRESS TO PHASE III**

- Pain and inflammation controlled
- Protect Repair

**PHASE III PRECAUTIONS**

- Continue Phase I Precautions

<b>PHASE III [4-6 WEEKS]</b>	
<b>ROM</b>	<b>STRENGTH</b>
Progress shoulder PROM in all planes	Continue phase II exercises
Begin AAROM exercises	
<b>SUPINE/STANDING</b> shoulder PROM	
Behind the back IR [ <b>Limit T7-T8</b> ]	

**GOALS TO PROGRESS TO PHASE IV**

- FULL PASSIVE FORWARD ELEVATION BY 6 WEEKS POST-OP**
- Posture is normalized
- Discontinue sling at **6 WEEKS POST-OP**

**PHASE IV PRECAUTIONS**

- NO** lifting or carrying **GREATER THAN 1LB**
- AVOID** forceful pushing/pulling
- NO** strengthening until **12 WEEKS POST-OP**

<b>PHASE IV [6-12 WEEKS]</b>	
<b>ROM</b>	<b>STRENGTH</b>
Maintain FULL PASSIVE ROM	Begin scapulohumeral rhythm exercises
Progress AAROM exercises from phase III	Begin proprioception drills
	Begin UBE with light resistance [ <b>90-100 RPM</b> ]
Initiate AROM in all planes	Submaximal isometric exercises for scapular stabilizers, deltoid, and rotator cuff

**GOALS TO PROGRESS TO PHASE V**

- FULL ACTIVE ROM** in all planes

**PHASE V PRECAUTIONS**

- AVOID** forceful use of arm or lifting excessively heavy weights
- EMPHASIZE** low weight, high rep when strengthening

<b>PHASE V [12-16 WEEKS]</b>	
<b>ROM</b>	<b>STRENGTH</b>
Continue stretching progression [ <b>no limits</b> ]	Advance phase IV exercises
	Begin generalized UE weight training [ <b>Limit 5lbs</b> ]
	Initiate TheraBand strengthening
	Increase UBE to moderate resistance [ <b>75-85 RPM</b> ]
	ER and Latissimus eccentric exercises
	Initiate weight training with shoulder in adduction [ <b>rows, biceps, triceps</b> ]

**GOALS TO PROGRESS TO PHASE VI**

- Full, painless ROM in all planes
- Progress functional strength

<b>PHASE VI [4-6 MONTHS]</b>	
<b>ROM</b>	<b>STRENGTH</b>
Full, unrestricted ROM in all planes	Maximize functional strength
	Aggressive scapular stabilization and eccentric strengthening
	Scapular perturbations
	Begin plyometric and throwing/racquet program
	Progress endurance activities

**RETURN TO SPORT CRITERIA**

- Requires clearance from **SURGEON**
- FULL, PAINFREE** shoulder function **WITHOUT** signs of instability
- Sport-specific training/practice once shoulder is at 90% of uninvolved side
- NO** throwing or overhead athletic moves until **4 MONTHS POST-OP**
- FULL** return to contact sports **ANTICIPATED** at **6-8 MONTHS**