



Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

Advanced Rotator Cuff Repair with Graft Patch

Phase I: 0 to 2 weeks after surgery

Goals:

1. Protect the rotator cuff repair
2. Ensure wound healing

Activities:

1. Sling: Use your sling all of the time.
2. Use of the affected arm: You may use your hand on the affected arm in front of your body but DO NOT raise your arm or elbow away from your body. It is alright for you to flex your arm at the elbow and wrist ONLY.

Also:

- *No Lifting of Objects
- *No Excessive Shoulder Extension
- *No Excessive Stretching or Sudden Movements
- *No Supporting of Body Weight by Hands

3. Showering

You may shower and wash the incision area after three days. To wash under the affected arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position.

Exercise Program: Pendulum exercises as instructed, Scapular retractions, Elbow/Wrist/Hand ROM

ICE:

Days per Week: 7

Times per Day: 4-5x per day for 20 minutes. Protect skin with a T-shirt or cloth.

Criteria for Progression to Phase II: 2 weeks of wound healing

Phase II: 2 to 6 weeks after surgery

Goals:

1. Protect the surgical site
2. Reduce pain and inflammation
3. Regain range of motion of the shoulder and prevent stiffness
4. Wean out of sling

Activities

1. Sling: **Continue your sling for a total of 3 weeks.**
2. ***No Strengthening until 6 weeks postop**
3. Use of the operative arm: Start using arm for ADL's, bathing, dressing, typing on computer, eating, and drinking
4. Bathing and showering: Okay to start submerging at 4 weeks out from surgery.

Exercise Program

The exercises listed below may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

FREQUENCY

Days per week: 5-7 for stretches, 2-3 for therapy visits

Times per day: 1-3

Range of Motion

PROM

AAROM

AROM

Pendulums

Pulleys

Cane exercises

Wall stretches

Gentle Scapular/Glenohumeral joint mobilization to regain full motion

Strengthening

Isometrics: scapular musculature, deltoid, and rotator cuff

Isotonic: theraband internal rotation and external rotation in 0 degrees abduction

Once patient has pain free full ROM and no tenderness may progress to following exercises

Initiate isotonic exercises with dumbbells

Strengthen shoulder musculature- isometric, isotonic, PNF

Strengthen scapulothoracic musculature

Initiate upper extremity endurance exercises

Criteria for Progression to Phase III: Full ROM on the repaired side with minimal signs of scapular dyskinesis and minimal to no pain.

Phase III: 6-12 weeks after surgery

Goals:

1. Improve strength, power, and, endurance
2. Improve neuromuscular control

Exercise Program

The exercises below form a list that may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

FREQUENCY

Days per week: 2-3

Times per day: 1

STRETCHING

Standing External Rotation

Behind the back Internal Rotation

Sidelying Internal Rotation stretch

External Rotation at 90° abduction stretch

Wall slide Stretch

STRENGTHENING

Continue dumbbell strengthening

Progress theraband exercises to 90/90 position for Internal Rotation and External Rotation

Theraband exercises for scapulothoracic musculature and biceps

Plyometrics for rotator cuff

PNF diagonal patterns

Isokinetics

Continue endurance exercises

Criteria for Progression to Phase IV: Patient is able to perform exercises with adequate strength.

Phase IV: 12+ weeks after surgery

Goals:

1. Return to normal activity

Activities:

1. Sports that involve throwing and the use of the arm in the overhead position are the most demanding on the rotator cuff. Your doctor and sports physical therapist will provide you with specific instructions on how and when to return to golf, tennis, and volleyball, swimming and throwing.
2. For people who wish to return to training with weights, you're your doctor will give you guidelines regarding the timing and advice when returning to a weight-training program.
3. Before returning safely to your activity, you must have full range of motion, full strength and no swelling or pain.

Dynamic Strengthening

Side-lying External Rotation

Prone Horizontal Arm Raises "T"

Prone scaption "Y"

Prone row

Prone extension

Standing Forward Flexion

Standing forward flexion "full-can" exercise

Prone external rotation at 90° abduction "U's

Push-up progression