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Rehabilitation Protocol Rotator Cuff Repair (Standard)

Phase I: Protected ROM (*0 to 6 weeks*)

- Patients may shower on postop day #3.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.

- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Passive external rotation of the shoulder to tolerance - instruct family member
 - PROM into scapular plane elevation as tolerated - family member or therapist
- May start active scapular mobility exercises at 3 to 4 weeks - must keep the shoulder musculature relaxed.
- Avoid all active and active assistive exercises until cleared by surgeon. This includes pulley exercises, wand and supine assisted exercises.

Phase II: Progressive ROM (*6 to 12 weeks*)

- May discontinue sling.
- Lifting restriction of 5 pounds should be reinforced with patient.

- Start AAROM and AROM - includes pulleys, wand and supine gravity assisted exercises.
- Emphasize all motions except IR behind the back until 10 weeks.
- Isolate and activate scapular stabilizers.

- Progress PROM and capsular stretching of the shoulder as needed - elevation and external rotation as tolerated.

- Avoid AROM in positions of subacromial impingement.

- Avoid rotator cuff strengthening until 12 weeks.

Phase III: Advance Strengthening (*>12 weeks*)

- Discontinue formal lifting restrictions
- Advance rotator cuff and shoulder strengthening (Theraband, dumbbells, Hughston's exercises etc.).
- Include home cuff strengthening program.
- Continue to emphasize scapular stabilizers.
- Equate active and passive range of motion. Encourage scapulohumeral mechanics during active shoulder motion.
- Simulate work/recreational activities as rotator cuff strength and endurance improve.
- Standard gym activities involving shoulder avoided until cleared by physician.

RETURN TO ACTIVITIES

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Jogging	2 months
Light Swimming	3 months
Golf	4 months
Tennis	4 months
Weight training	4 months
Skiing	5 months
Contact Sports	6 months

*Heavy overhead lifting (military press) and dips are discouraged.