



Rotator Cuff Repair with Graft Augmentation REHAB Protocol

PRE-OPERATIVE GOALS:

Full Range of motion
Normal Scapular/GH/Clavicular glides
0 to minimal edema
Improve Peri-Scapular muscle strength
Independent in HEP Treatment

TREATMENT:

Modalities to reduce inflammation/pain (Vasopneumatic)
Grade 2, 3 mobilization GH, Scapula, Clavicle
ROM exercises Passive/Active Assist/Active (pendulums, cane exercises, pulley, wall slides)
Peri-Scapular muscle PRE's (scapular retraction, gentle Theraband for retraction, extension, adduction, abduction)
Education in HEP/edema control

POST-OPERATIVE (DAY OF SURGERY)

Control edema
Initiate elbow, wrist and hand and shoulder shrug exercises for early ROM
Use immobilizer all the time except for performing exercises, squeeze exercise ball as much as possible

PHASE I (Week 0-2)

Phase 1 home exercises
Wrist, elbow and hand exercises
Squeeze exercise ball as much as possible

PHASE IA (Week 2-4)

Shoulder

PROM supine scapular plane	Abduction: 0 – 90 degrees
Codman pendulum exercises	ER: 0 -30 degrees at modified neutral (do not stretch ER/IR)
Scapular mobilization	Consider initiating pool where available
Flex: to tolerance 0 – 90 degrees	<i>Extension and Horizontal Adduction: Avoid</i>

Scapula

AROM scapular shrugs, scapular retraction, scapular depression

Elbow/Hand

AROM Flex/ext in neutral and hand strengthening

PHASE IB (Week 4-6)

Shoulder

PROM (supine)
Flex: to tolerance 0 – 120 degrees
Abduction: maintain at 90 degrees until ER increases to 45 degrees then progress abduction to 120 degrees
ER: 0 – 45 degrees at modified neutral. Slowly increase abduction position during ER/IR to 80 – 90 degrees by 4 wks.
No aggressive stretching.
Be VERY cautious with IR to avoid tension on the Infraspinatus if repaired.
Ext and Horizontal Adduction: Avoid
Grade 1,2 GH mobilization in anterior, posterior, inferior directions for pain and spasms

Scapula

AROM scapular shrugs, scapular retraction, scapular depression.

Elbow/hand

Sub-max isometrics elbow flex/ext in neutral shoulder position



PHASE Ic (Week 6-8)

Shoulder

PROM (supine)
Flex: to tolerance 0 – 180 degrees or equal to uninvolved side
Abduction: 150 – 180 degrees w/ deviation toward scapular plane
ER: 70 – 90 degrees; IR: 40 – 60 degrees
Ext: 30 degrees without stretching, Horizontal Adduction: Avoid
Supine stabilization exercises for the scapular muscles

Scapula

AROM scapular shrugs, scapular retraction, scapular depression

Elbow/Hand

Sub-maximal Isometric elbow flex/ext in neutral shoulder position
Progress to gentle Isotonics: 2-5 lb. BC curls and yellow Theraband Tricep pull-downs

PHASE II (Week 8-12)

Shoulder

Full ROM is allowed for PROM, AAROM, and AROM. Focus on proper technique and progress as tolerated.
No resistance exercises for the Rotator Cuff until week 14
Progress stabilization exercises to standing for the scapular muscles

Scapula

Peri-Scapular PRE's (Rhomboids, Middle/Lower Trapezius, Lats, Serratus Anterior etc.)

Elbow/Hand

Progress to 6 lb curls and increase resistance w/ triceps pull-downs

PHASE III (Week 12 – 16)

Initiate light Rotator Cuff PRE's (14 weeks) at 0 degrees abduction w/ Theraband and progress to moderate resistance
Progression of standing stabilization exercises
Progress Bicep/Tricep/Peri-Scapular strength/conditioning
Add PNF movements

PHASE IV (Week 16-20)

Moderate Rotator Cuff PRE's at 30 degrees abduction w/ Theraband and progress to high resistance at 60 degrees abduction
Progression of standing stabilization exercises
Progress Bicep/Tricep/Peri-Scapular strength/conditioning
Begin UBE
Begin closed chain stability exercises

PHASE V (Week 20-24)

High resistance Rotator Cuff PRE's at 90 degrees abduction w/ Theraband
Begin plyometric exercises
Progression of standing stabilization exercises
Progress Bicep/Tricep/Peri-Scapular strength/conditioning
Progress UBE/closed chain stability exercises
Add gym exercises
Initiate sport specific training/job related tasks