



## **REHAB PROTOCOL FOR ROTATOR CUFF DEBRIDEMENT, SAD, DCE**

### **PHASE I:**

#### **Day 1-14 Goals:**

1. Restore non-painful ROM
2. Prevent muscular atrophy and inhibition
3. Decrease pain/inflammation
4. Improve postural awareness
5. Minimize stress to healing structures
6. Independent with ADLs
7. Wean from sling

#### **Precautions:**

1. Care should be taken with abduction (both AROM and PROM to avoid unnecessary compression of subacromial space)
2. Creating or reinforcing poor movement patterns, such as excessive scapulothoracic motion with UE elevation

#### **Range Of Motion:**

1. PROM
2. AAROM
3. AROM
4. Pendulums
5. Pulleys



6. Cane exercises

7. Self stretches, including posterior capsule, upper trapezius, and pectoralis major

**Strengthening:**

1. Isometrics: scapular musculature, deltoid, RTC

2. Isotonic: Theraband IR and ER in 0 degrees abduction

**Modalities:**

1. Cryotherapy

2. E-stim and/or Inferential current to decrease swelling and pain

**Criteria for progression to Phase 2:**

1. Full AROM, PROM

2. Minimal pain and tenderness

**PHASE II:**

**Weeks 2-6 Goals:**

1. Regain and improve muscular strength

2. Normalize arthrokinematics

3. Improve neuromuscular control of shoulder complex

**Precautions:**

1. Overhead activities

2. Heavy lifting



#### **Exercises:**

1. initiate isotonic program with dumbbells
2. strengthen shoulder musculature – isometric, isotonic, proprioceptive neuromuscular facilitation
3. Strengthen scapulothoracic musculature – isometric, isotonic, PNF
4. Initiate UE endurance exercises

#### **Manual Treatment:**

1. Joint mobilization to improve/restore arthrokinematics if indicated
2. Joint mobilization for pain modulation

#### **Modalities:**

1. Cryotherapy
2. Electrical stimulation – interferential current to decrease swelling and pain

#### **Criteria for progression to Phase 3:**

1. Full painless ROM - no pain or tenderness on examination

### **PHASE III:**

#### **Weeks 6+ Goals:**

1. Improve strength, power, endurance
2. Improve neuromuscular control
3. Prepare athlete to begin to throw, perform similar overhead activities or other sports exercises

#### **Emphasis of Phase 3**



1. High speed, high energy strengthening exercises
2. Eccentric exercises
3. Diagonal patterns
4. Workplace ergonomic assessment, work hardening

**Exercises:**

1. Continued dumbbell strengthening
2. Progress therapy and exercises to 90/90 position for IR and ER (slow/fast sets)
3. Thera-Band exercises for scapulothoracic musculature and biceps
4. Plyometrics for rotator cuff
5. PNF diagonal patterns
6. Isokinetics
7. Continue endurance exercises

**Criteria for discharge from skilled therapy:**

1. Patient able to maintain nonpainful active range of motion
2. Maximize functional use of upper extremity
3. Maximized muscular strength, power and endurance
4. Patient has returned to advanced functional activities