

## **Rotator Cuff Repair (Small/Medium)**

### **Physical Therapy Post-op Protocol**

#### **GENERAL RECOMMENDATIONS**

- No driving until 4 weeks post surgery (when sling removed)
- Encourage passive ROM at home daily by family member
- Sling on at all times, including nighttime, for 4 weeks. Only time out is with PT, showering, and range of motion
- Blood Flow Restriction (BFR) encouraged at all stages

#### **Weeks 0-4**

##### **Primary Goals: Eliminate swelling, regain passive range of motion**

- Begin elbow and wrist ROM immediately
- 0-2 weeks: PROM – pendulums, abduction in scapular plane, elevation
- 2-4 weeks: PROM – 90 degrees forward flexion, 45 degrees ER, 20 degrees extension, 45 degrees abduction, 45 degrees ABER
- Codman's, posterior capsule mobilizations
- Closed chain scapula strengthening
- Teach home exercises

#### **Weeks 4-8**

##### **Primary Goals: regain full PROM, begin strengthening**

- Advance PROM to full forward elevation, abduction, ABER to 90 degrees, ABIR to 45 degrees
- Begin active/active assisted ROM at 6 weeks
- Resistive strength for scapular stabilizers, biceps, triceps

#### **Weeks 8 – 12**

##### **Primary Goals: regain full AROM**

- Advance to full active range of motion
- Continue scapular strengthening
- Capsular stretching

#### **Weeks 12-16**

### **Primary Goals: begin resistive rotator cuff strengthening**

- Resistive rotator cuff strengthening
- Painless full AROM
- Emphasize external rotation, glenohumeral stabilization
- Begin muscle endurance activities
- Cycling/running as tolerated
- Avoid heavy lifting behind body, above head or reaching out

### **4-6 months**

### **Primary Goals: Increase shoulder and rotator cuff strengthening**

- Advance scapular strengthening
- Advance rotator cuff strengthening, eccentric strengthening
- Begin plyometric and continue endurance activities
- Maintain flexibility
- Return to functional activities
- Return to gym program