



James R. Seeds, MD

Board Certified in Orthopedic Surgery
Board Certified in Sports Medicine & Arthroscopy
Fellowship Trained in Sports Medicine & Arthroscopy

ROTATOR CUFF REPAIR PROTOCOL

| | ROM | SLING/BRACE | THERAPEUTIC EXERCISE |
|-------------------------------|--|--|--|
| PHASE 1 Week 1 | (Day 1-6) PROM: flexion to tolerance (well tolerated motion w/o muscle guarding) ER/IR (in scapular plane) by therapist & with cane (Day 7-130 PROM: flex to 115 and ER/IR to 45 (S/M tears) flex 105 and ER/IR 35 (M/L tears) PHASE 1 Precautions: no lifting, no excessive shoulder extension, no sudden movements, no supporting body weight by hands | Sling/Abduction brace (per physician) Remove for therapy/hygiene, wear while sleeping | Elbow/wrist/hand ROM & gripping, submaximal painfree isometrics (flexion w/ elbow @ 90, ER, IR, elbow flexors) pendulum ex's (maintain PROM) neck AROM, scapular retraction w/o resistance. After day 7 +extension & abduction submax isometrics (w/elbow bent) |
| PHASE 2 Week 2-6 | PROM: flexion to tolerance (S/M tears to 150 M/L tears to 125) ER/IR (in scapular plane) to 45 (progress from 45-90 of abd) Goal is full PROM by 4 wks AAROM to tolerance +pulley AAROM ex's (3wks small tears, 4 wks medium tears, 6wks large tears) PHASE 2 Precautions: no heavy lifting, no excessive reaching behind back, no supporting of body weight by hands, no sudden jerking motions | Physician will determine when to D/C sling/brace during this period | Week 2-3: Rhythmic Stabilization: ER/IR in scapular plane, flexion @ 100 degrees & 125 degrees (S/M tears only) continue isometrics. Week 4: initiate ER/IR tubing @ 0 of abd, prone rowing to neutral, prone shoulder exercise (S/M tears only) isotonic elbow flexion Week 5-6: initiate AROM—shoulder flexion in scap plane, shoulder abd. Progress isotonic—ER tubing, sidelying ER, prone rows & HABD, biceps curls. Start closed kinetic chain ex's @ week 6 (S,M only) |
| PHASE 3 Week 7-14 | Continue stretching/PROM as needed to maintain full ROM | None | Progress strengthening program (pt must be able to elevate arm w/o hiking before initiating isotonic) ER/IR tubing, ER sidelying, lateral raises, full can in scap plane, prone rows/HABD/extension Week 8: light functional activities as physician permits, start closed kinetic chain ex's (L tears) |
| PHASE 4 Week 15-22 | Continue ROM/stretching | None | Self scapular stretches, progress strength ex's Week 20: initiate swimming, tennis interval program, and golf program (if appropriate) |
| PHASE 5 Week 23-30 | | | Gradual return to strenuous work activities and recreational sport activities |