

Large Rotator Cuff Repair/Conservative Post Op Protocol

Timing of each phase varies based on: degree of shoulder instability/laxity, size of the tear, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

1) With Biceps Tenodesis:

- May do passive and active range of motion for 2-6 wks then begin light elbow resistance after 6 weeks

2) With Subscap Repair:

- External rotation to neutral ok early.

Slings:

- Full time for 4 wks post-op
- OK to remove pillow for periods of time
- Wean from sling 6-8 wks. Wear for safety.

Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

Activities of Daily

Living:

- Walking Encouraged
- Hand Functions 6-8 wks
- Driving Automatic 6-8 wks (No Narcotics)

Aquatic Therapy:

- Start 6-8 wks active assistive range of motion only

Return to Activities:

Jogging/Run: 12+ wks
Golf: 16 wks
Fly Fishing: 16 wks
Throwing: 20+ wks
Skiing: 20+ wks



Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-6)

***AVOID PULLEY'S AND WAND EXERCISES. WE EXPECT HANDS ON THERAPIST GUIDED PASSIVE RANGE OF MOTION**

A. Supine Passive Range of Motion

Pendulums/Codman's

Wrist/Elbow range of motion

Work toward external rotation range of motion while patient is supine to focus on glenohumeral motion and not just gross shoulder girdle motion

Glenohumeral abduction 0⁰-90⁰

After glenohumeral abduction reach 60⁰-70⁰, Ok to work on external rotation as tolerated at 45⁰ abduction.

**Check if subscapularis repair*

Gross shoulder Elevation (Scaption) 0⁰-90⁰

No Sagittal Plane Flexion Stretch

No internal rotation stretch (arm to stomach when elbow at side only)

Postural Work

Active scapular retraction & depression

Phase 2 - Range of Motion (Post-Op Weeks: 6-8)

Goal: Full external rotation, Scaption 160⁰, Minimal Pain, Good Posture

*Begin this phase with range of motion supine and progress to upright as ROM and strength improve

A. Active Assisted Range of Motion

Assistance w/ opposite hand, use of pulley Ok but only after therapist guided first

Work toward full external rotation

Begin active assisted scaption supine and when at ~150⁰ progress upright

Elevation (Scaption) 0⁰- 160⁰

Ok to sit and pedal a stationary bike or recumbent bike

Phase 3 – Progressive Range of Motion (Post-Op Weeks: 8-12)

A. Active Range of Motion

Progress Range of Motion Exercise from other phases

Begin pure Flexion & abduction stretches

Internal rotation Stretch & external rotation stretch in full abduction

Begin supine elevation and when at ~150⁰ progress to upright

Begin Isometrics

Phase 4 - Strengthening (Post-Op Weeks: 12+)

Range of motion Exercises Pain Free

Begin Isotonic Exercises

Closed Chain Exercises (ex. Wall Push ups)

Phase 5 – Functional / Sport (Post-Op Weeks: 16+)

Gradual Return to Sport