



FOX VALLEY ORTHOPEDICS

ROTATOR CUFF REPAIR

***regular RCR starts PT @3 wks post op**

***conservative protocol RCR starts PT @6wks post op**

(Dr. Petsche's RCRs start @6 weeks post op)

For all surgeons:

Sling x 6 weeks

PT Weeks 3-6 PROM

Week 6 start AROM (including Dr. Petsche- may start with AROM at 6 weeks)

PHASE 1

Week 3 (start)

- Precautions
 - Immobilizer / sling use
- PROM
 - No shoulder AROM
 - Elbow, wrist, hand AROM
 - Gradual shoulder PROM, avoid IR
 - Pendulum exercises
- Strengthening
 - Initiate scapular retraction / depression / scapular clocks
 - Initiate submaximal isometric IR
 - Initiate submaximal isometric extension- wk 2
- Manual techniques
 - ACJ, SCJ mobilizations
 - Soft tissue massage pectoralis, rotator cuff, trapezius, posterior capsule
 - Cross friction massage incision sites
 - Posterior capsule stretching
 - Manual resisted scapular retraction / depression
- Modalities
 - Ice, electrical stimulation

PHASE 2

Week 4-5

- Precautions
 - Immobilizer / sling for 6 weeks post-op; removal prior to this time per physician instruction
- PROM, AAROM
 - No shoulder AROM until 6 wks
 - PROM shoulder, begin gentle IR PROM
 - Continue pendulum exercises as necessary

ROTATOR CUFF REPAIR

- Strengthening
 - Continue strengthening exercises from Phase 1
 - Initiate isometric flexion
 - Initiate isometric ER- wk 6
- Manual techniques
 - ACJ, SCJ, GR I-II GHJ mobilization
 - STM to regions of restrictions
 - Posterior capsule stretching
 - Manual resisted scapular retraction / depression
- Modalities
 - Ice, electrical stimulation

PHASE 3

Week 6-8

- PROM, AAROM, AROM
 - PROM shoulder all planes- progressing toward full
 - Initiate wand and pulley (all directions), wall washing
 - Initiate supine flexion AAROM
- Strengthening
 - Continue with strengthening exercises from previous phases as necessary
 - Patient must demonstrate correct performance of all strengthening exercises without scapular / shoulder hiking before advancing to more challenging exercises
 - Initiate supine rhythmic stabilization
 - Initiate scapular strengthening- prone / seated rows, serratus-wall or table push-up with plus, prone horizontal ABD, lat pulldown
 - Initiate gentle rotator cuff strengthening within patient tolerance- supine / standing flexion and scaption, IR / ER with tubing, side lying ER
- Stretching
 - Posterior / inferior capsule, pectoralis stretching
- Manual techniques
 - ACJ, SCJ, GR II-III GHJ mobilization
 - STM as necessary
 - Initiate GHJ rhythmic stabilization at 90 supine
- Modalities
 - Ice, electrical stimulation

PHASE 4

Week 9-12

- PROM, AAROM, AROM
 - Full shoulder PROM desired by 10-12 wks
 - Continue wand, pulley as necessary to achieve full ROM

ROTATOR CUFF REPAIR

- Strengthening
 - Continue with strengthening exercises from previous phases
 - *Avoid adding resistance to exercises that stress repair site-
 - focus on low load strengthening within patient tolerance
 - Initiate serratus push-up progression
 - Continue scapular strengthening exercises
 - Add gentle upper extremity closed chain exercises
 - PNF patterns with tubing
- Stretching
 - Posterior / inferior capsule, pectoralis stretching as necessary
- Manual techniques
 - GR III-IV GHJ mobilization
 - STM as necessary
 - Posterior capsule stretching
 - GHJ manual resistance techniques
 - PNF manual resistance techniques
- Modalities as necessary

PHASE 5

Week 13 +

- PROM, AAROM ,AROM
 - Continue with PROM / AAROM and stretching as necessary to gain full ROM
- Strengthening
 - Continue with strengthening exercises, ensuring protection of repaired tendon.
 - Avoid heavy lifting of objects > 5 lbs.
 - Avoid sudden pushing or jerking of arm
 - Emphasize home exercise program
 - Return to full activity after 6 months

*When indicated, all surgeons wait 5-6 months to start WH/WC program