



## Rotator Cuff Repair Rehab Protocol for Therapists

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### **Detailed Protocol (Note changes)**

#### Week 0-2

Remove dressing on day 2 and apply bandaids

Daily underarm hygiene

Shoulder immobilizer at all times except bathing, dressing, and exercises

Patient HEP (3x daily): AROM elbow, wrist, grip(squeeze ball), standing pendulum exercises

(weightbearing over ball or counter-top) **Home PROM and AAROM with cane, pulleys or opposite arm assistance in supine position to tolerance**

Therapist: PROM to tolerance (No Restrictions), **Joint mobilization of glenohumeral and scapulothoracic joints. Side-lying scapular protraction/retraction (add manual resistance to encourage early serratus anterior and lower trapezius activation and endurance)**

**Submaximal isometrics IR/ER, flexion/extension, adduction (No Abduction)**

Modalities PRN, Ice after exercise

#### Week 2-4

Wean from shoulder immobilizer during the day, continue night use until week 6 (cont elbow at side unless supervised by therapist)

Increase PROM of shoulder

AAROM in supine in pain free range with emphasis on eccentric contraction

Add Abduction to isometric exercises

PRE: Biceps/Triceps

**Submaximal Rhythmic stabilization exercises with arm in 90° flexion in supine (balance point). Begin active scapular strengthening exercises (Scapular retraction, scapular retraction with depression (lower trap), and scapular depression) continuing manual side-lying protraction retraction**

**Add UBE**

#### Week 4-6

Progress to AROM in all shoulder motions

Continue scapular strengthening. **(High rows, low rows, standing protraction/retraction (serratus anterior))**

**Side-lying ER, prone extension, prone horizontal abduction (limited to 45°), flexion to 90°,**

**Supine IR (Low resistance high repetition (30 reps) is recommended with no resistance initially)**

#### Week 6-8

PRE all muscles: weights/closed chain/theraband/PNF

Kin Com/Cybex, if appropriate: passive + isotonic

#### Week 8-10

PRE all muscles: weights/closed chain/theraband/PNF

Kin Com/Cybex, if appropriate: passive + isotonic

**Plyometrics (chest passes, etc.)**

#### Week 10-12

Return to activity when ROM and strength goals achieved