**MASSIVE ROTATOR CUFF REPAIR PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Days 0-7**

• Home Exercises given post-op (pendulums; ROM elbow, wrist, hand, grip strengthening)

• Remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

 **\_\_\_\_\_\_Weeks 1-12:**

• Pendulums

• Passive External Rotation Limit 30° (supine, roll towel under elbow)

• Passive Forward Elevation Limit 90° (supine, elbow bent at 90°, in scaption)

• Table slides at 14 days, hand resting on table, torso leaning forward, pain free

• Grip strengthening

• Heat before PT / Ice after PT

• No resisted motions of the shoulder until 12 weeks post-op

• No canes / pulleys until 12 weeks post-op (these are active assist exercises)

**AVOID**

 **No Pulleys**

 **NO Internal Rotation behind back**

 **NO External Rotation stretching with arm in 90° of abduction**

 **NO Stretching in Abduction**

 **No Strengthening Until 12 weeks post op**

**\_\_\_\_\_\_Week 12:**

• Begin Active Assisted ROM

• Light passive stretching at end ranges

• Advance to Active ROM as tolerated once ROM as improved

• Begin scapular exercises, passive resistance exercise for large muscle groups (pecs, lats, etc)

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_