**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 1-6:**

• True Passive ROM only. The rotator cuff tendon is healing back to the bone

• ROM goals: 90° Forward Flexion (FF) / 40° External Rotation (ER) at side; Abd max 60-80° without rotation

• Grip strengthening

• Table slides

• Heat before PT / Ice after PT

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

• No canes / pulleys until 6 weeks post-op (these are active assist exercises)

**\_\_\_\_\_\_Weeks 6-12:**

• Begin Active Assisted ROM

• Advance to Active ROM as tolerated

• ROM Goals: Same as above, but can increase as tolerated

• Light passive stretching at end ranges

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

• Isometrics with arm at side beginning at 8 weeks

**\_\_\_\_\_\_Months 3-12:**

• Advance to full ROM as tolerated with passive stretching at end ranges

• Advance strengthening as tolerated: isometrics -> bands -> light weights (1-5 pounds) with 8 – 12 reps / 2 – 3 sets

 for rotator cuff, deltoid and scapular stabilizers

• Only do strengthening 3x/week to avoid rotator cuff tendonitis

• Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex. body blade)

• Begin sports related rehab at 4 ½ months, including advancing conditioning

• Return to throwing at 6 months

• Throw from pitcher’s mound at 9 months

• Collision sports at 9 months

• Maximum medical improvement usually at 9 – 12 months post-op

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