



LARGE COMPLETE ROTATOR CUFF TEAR PROTOCOL

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This protocol is based on goal-oriented progression. Each patient is different and should be treated according to their tolerance in therapy. Please feel free to call with any questions.

Phase I: (0-6 weeks)

Goals:

Protect surgery
Decrease pain and inflammation
Gentle passive ROM
Patient education

Plan:

Ultra sling (0-6 weeks depending on repair)
Hand, elbow, wrist exercises immediately post-op in sling
Cervical spine stretches
Modalities PRN
Scapular mobilization and muscle tone
Thoracic mobilization
Pendulums start at one week
At 4-6 weeks post-op:
 Aquatic Therapy
 PROM (flexion to 90 degrees, abduction to tolerance-being cautious with this movement, IR/ER as tolerated at 30 degrees shoulder abduction)

Phase II (6-12 weeks)

Goals:

Control pain and inflammation
Continue to work on ROM throughout phase; use caution throughout.
Begin gentle strengthening

Plan:

Modalities PRN
Aquatic therapy
Scapular and glenohumeral mobilization
Continue PROM (caution with flexion)/ start AAROM at week 6
Begin scapular strengthening

Isometric IR/ER
Bicep/ tricep strengthening
UBE

Phase III (12-24 weeks)

Goals:

Functional ROM
Improve strength/ neuromuscular control
End phase begin sport/ activity training

Plan:

Stretching PRN
Instruct in self-stretching
Increase strength and endurance of upper quadrant
Begin machine weighted exercise
Begin coordination exercises

Phase IV (24+ weeks)

Goals:

Maximum ROM
Increase strength
Return patient to sport/ activity

Plan:

Self-stretching
Strengthening RTC at 0, 45, 90 degrees
Advanced machine weighted exercises
Specific sports related activities