

**Kenneth R Alleyne, MD**  
**Board Certified Orthopedic Surgeon**  
Specializing in Sports Medicine and Arthroscopy  
www.eosm.net www.nyosm.net

Knee and Shoulder  
South Windsor Tolland Bloomfield Manhattan

## **ROTATOR CUFF REPAIR**

### **PHYSICAL THERAPY PROTOCOL**

#### **Preoperative Guidelines**

- ┆ Restore AROM
- ┆ Strengthen involved extremity in pain free ROM, emphasize rotator cuff/scapular stabilization musculature
- ┆ Instruct in use of abduction pillow immobilizer, icing, hand gripping, elbow ROM
- ┆ Educate Patient on post-op protocol and importance of compliance for good outcomes

**Note: Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

#### **Phase I (Post-op Day 1 – Week 3 May be carried out via home program**

- ┆ **No ER past neutral, no IR, no extension ROM**
- ┆ Immobilizer with abductor pillow x 4 wks: must be worn all the time, even at night
- ┆ Hand squeezing exercises
- ┆ Elbow and wrist AROM
- ┆ Gentle pendulum in small ranges: **no extension, ER or IR**
- ┆ PROM/AAROM in supine with wand or assist of other hand
  - Flexion to 90 degrees
  - Abduction to 90 degrees
- ┆ Supervised pulley to 90 degrees flexion and abduction (optional)
- ┆ Shoulder shrugs, scapular retraction exercises
- ┆ Begin stationary bike as tolerated
- ┆ Ice 20 mins 3-5 times/day for 5-7 days, then PRN
- ┆ Sleep with pillow under arm for comfort

**Goals:** Pain control, AAROM to 90 degrees in abduction and flexion, normal elbow & wrist ROM

### **Phase II (Weeks 4 – 6)**

- ┆ Wean from immobilizer
- ┆ Continue scapular mobility exercises
- ┆ Standard pendulum
- ┆ Resisted elbow/wrist exercises (light dumbbell)
- ┆ AAROM Flexion and Abduction with wand or pulley in pain-free range
- ┆ May progress past 90 degrees as tolerated
- ┆ AAROM ER as tolerated
- ┆ AAROM IR as tolerated if no supscapularis repair
- ┆ May begin to put hand slowly behind back and slide up as tolerated
- ┆ 1-2 Finger isometrics
- ┆ Continue stationary bike

**Goals** – AAROM to 120 flexion and abduction, no scapular adhesions

### **Phase III (Weeks 7 – 9)**

- ┆ UBE with low resistance forward and backward
- ┆ AROM, AAROM, stretching as needed
- ┆ ER in sidelying
- ┆ Standing rows with Theraband
- ┆ Prone horizontal shoulder abduction/scapular retraction at 90 degrees
- ┆ Serratus anterior exercises: “Pushouts”
- ┆ Hands and knees weight shifting, ball on wall weight shifting
- ┆ Light ball Plyoback at chest level
- ┆ Continue stationary bike
- ┆ Pool walking/running – no UE resistive devices in pool

**Goals** – Full AROM shoulder with normal scapulothoracic motion

### **Phase IV (Weeks 10 – 12)**

- ┆ Progress UBE
- ┆ PROM as needed to restore full functional ROM
- ┆ Begin Theraband, free weights and scapular stabilization exercises with increased resistance as tolerated. **Emphasize muscle fatigue.** Perform all exercises to fatigue 3 times/week.
- ┆ Body Blade, BAPS, supine tubing perturbations for all directions
- ┆ Rhythmic scapular stabilization exercises
- ┆ Ball toss with arm at side using lightest ball
- ┆ Push-up progression against the wall
- ┆ Elliptical trainer
- ┆ Treadmill walking progression
- ┆ Pool therapy – with UE resistive devices

**Goal** – 50 wall push-ups, strength at least 4/5 rotator cuff muscles

### **Phase V (Months 4 – 6)**

- ┆ Gym program: begin weight training starting with light resistance
- ┆ Continue push-up progression program: to table, to bent knees, to regular
- ┆ Continue strengthening and stabilization exercises as needed

- └ Gravitron – pull-ups and dips
- └ Begin functional training/ sports-specific drills:
  - Basketball – dribbling, pass and catch (no overhead), shooting in the key
  - Frisbee – throw and catch
  - Racquetball , tennis, ping pong – forehand and backhand (no overhead)
  - Football catch and underhand throw
  - Volleyball: bumping, setting and underhand serve
- └ When pain free, begin throwing progression and gradually work on overhead sports drills
- └ Pool – begin swimming laps
- └ May begin jogging

**Goals:** Shoulder strength WNL and equal bilaterally, 90% patient subjective rating, pain free functional/sports drills

***No contact sports until 6 months post-op***

We value the assessments and inputs of our patients therapists. Please update our office with progress notes via fax or email.

CT: 860-242-3399/info@eosm.net

NY: 646-663-4141/info@nyosm.net