

LARGE ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-6 Weeks	Passive Range of Motion Goals: Abduction of 90°, full External Rotation (unless subscapularis repair), no Internal Rotation stretching.	Worn at all times except for hygiene or when sitting still.	Wrist, elbow, & hand ROM. Pendulums, Codman's. Postural work, upper trapezius relaxation, active scapular retraction & depression. Encourage walking program/stationary bike.
6-8 weeks	Active Assisted ROM Begin AAROM supine; advance to upright. May use arm for functional tasks in front of body (in sling). Goals: at end of 8 weeks: supple shoulder, functional use of arm at side, minimal pain, & good posture.	May discontinue immobilizer. May use for safety.	Pool therapy OK.
8-12 weeks	Active ROM Work towards full ROM.	None	Isometrics
3-4 months	Full ROM	None	Resistance Resistive exercises, cuff exercises.
4-6 months	Full ROM without discomfort	None	May return to sports. Begin with easier sports such as golfing, fly fishing. By 6 months, may return to throwing, racquet sports, skiing.

* If biceps tenodesis is done, NO ACTIVE FLEXION of biceps until 6 weeks post op. No biceps strengthening until 8 weeks post op.

** If subscapularis repair is done, ER should be limited at 0° until 6 weeks, then may progress.

*****Begin Physical Therapy 1 week after surgery – This is your Physical Therapy Prescription**

Dane Todd, MD	
Questions please call: # 402-488-3322	
Fax: 402-488-3336	
Patient Name: _____	
Surgery Date: _____	
Side (Circled): Right Left	
Subacromial Decompression	Subscapularis Repair
Biceps Tenotomy	Biceps Tenodesis
Physical therapy to evaluate and treat for post op Rotator Cuff Repair.	
Notes: _____	
MD signature: _____	