



GOLDEN STATE ORTHOPEDICS & SPINE

ROTATOR CUFF REPAIR REHABILITATION PROGRAM

STAGE 1, WEEKS 0-6:

- Patient is immobilized for the initial 6 weeks, usually depending on the size of the repair
- **NO ACTIVE OR PASSIVE** shoulder range of motion in the first month
- Small tears may be progressed early to the next phase of the rehabilitation program

STAGE 2, WEEKS 6-12:

- At week 6, patient no longer required to wear immobilizer. Sling for comfort and out in public
- Use of modalities as needed (heat, ice, electrical stimulation, etc.)
- Passive range of motion exercises (Codman's and internal/external rotation)
- Active-Assist (wall climbs, wand) and Active ROM exercises may be subsequently added
- Pulleys at home (Daily after 8 weeks)
- Isometric exercises, internal/external rotation, abduction, flexion, extension
- Active shoulder extension lying prone or standing (bending at waist)
 - Avoid the shoulder extended position by preventing arm movement beyond the plane of the body
- Active horizontal adduction (supine) as tolerated

STAGE 3, WEEKS 12+:

- Continue shoulder ROM exercises (Passive, active-assistive and active) as needed.
- Active internal/external rotation exercises with rubber tubing/theraband. As strength improves, progress to free-weights (less than 5 lbs.)
 - External rotation may be performed lying prone with arm abducted to 90 degrees or lying with the arm at the side. Perform movement through available range of motion
 - Internal rotation is performed supine with the arm at the side and elbow flexed at 90 degrees
- Active shoulder abduction from 0 to 90 degrees
- Add supraspinatus strengthening exercises if adequate ROM is available (0-90 degrees)
 - The movement should be pain-free and performed in the scapular plane
- Active shoulder flexion through available range of motion, daily pulleys at home

STAGE 4, MONTHS 4+:

- Continue shoulder ROM exercises (as needed). Patient should have passive and active ROM over time
- Continue isotonic exercises with emphasis on eccentric strengthening of the rotator cuff
- Begin with wall push-ups and progress as strength improves
- Continue daily pulleys at home in not full ROM