



# GOLDEN STATE ORTHOPEDICS & SPINE

## ROTATOR CUFF REPAIR PROTOCOL

- **PRE-OP APPOINTMENT IN ORTHO (Pain meds, PT script, Procedure/rehab review)**
- **POST-OP DRESSING CHANGE** at 48 hours: Start pendulum's, wrist/elbow motion
- **CRYOTHERAPY X 14 days**

### **PHASE 1: Weeks 2-6 (Passive Range of Motion)**

**NO PULLEYS until 6 weeks post-op**

**No Active Motion until 6 weeks post-op**

**No Strengthening or Isometrics until 12 weeks post-op**

#### **ROM LIMITS**

No more than 90° in first 3 weeks

No more than 120° from 4-6 weeks

Full ROM as tolerated beginning in week 7

- Sling for 6 weeks (unless otherwise ordered by physician)
- PROM only, pendulums as tolerated
- AAROM elbow (\*\*No Elbow AAROM with biceps tenodesis patient)
- AROM of wrist & hand, Putty – 1 minute, 3 x day as tolerated
- Scapular retraction/posture/shrugs – 10 sec holds x 10 reps/hour
- Scapular clocks
- Soft tissue modalities to axilla, pec major/minor for pain/swelling prn

### **PHASE 2: Weeks 7-12 (NO Strengthening – ROM as tolerated)**

- D/C sling (unless ordered by physician)
- AAROM to AROM as tolerated
- Progress with scapular stabilization
- **OK to begin pulleys at 6 weeks post-op**
- Start AAROM with wand (ER/IR)
- Gentle behind back and hand behind head
- **Table slides** in varying directions
- Progress to wall slides (70°-120°) – Flexion/Scaption
- Prone scapular stabilization/retraction/preset with arms by side
- Thoracic spine extension over backrest of chair
- Progress and check ER in ABD (i.e 60°, 90° abduction)
- Adducted horizontal flexion stretching

### **PHASE 3: Weeks 13-17 (Initiate Strengthening)**

- Start light shoulder strengthening (No < 5 lbs)
- Initiate weights for RC strengthening as well as serratus, mid/low trap, bi/triceps
- T-Band rows and ER @ side
- T-Band mid and low trap
- Wall push with elbows @ side
- Independent shoulder stretches



## **PHASE 4: Week 17+ (Advanced Strengthening)**

- Start plyometrics
- Start soft toss
- Ball toss (wall) in flex and ABD
- Rebounder ball toss with and without swiss ball
- Prone ER eccentric/concentric weighted ball
- Plank/Core, Isometric Hold in Plank Push-Up position
- Begin Sports-Specific drills at Week 19 (including long toss)

## **Week 25: RETURN TO SPORT (AFTER CLEARANCE BY ORTHO)**

### **PHASE 1 (0-6 Weeks): Passive Range of Motion**

With all exercises, monitor symptoms before/after the exercise. Avoid any exercise that increases symptoms for more than 10-15 minutes afterwards

#### **PRECAUTIONS:**

- **NO PULLEYS, NO AROM for FIRST 6 WEEKS POST-OP**
- **NO STRENGTHENING or ISOMETRICS x 12 weeks**
- **PROM (preferred in SUPINE position)**
- **ROM LIMITS:** No more than 90° for the first 3 weeks, no more than 120° in weeks 4-6, Full ROM as tolerated after week 6

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on your back. Grasp wrist with non-op hand and passively raise operative arm overhead. Aim to get to 90° by 3 weeks. In week 4, progress to 120°. Then full ROM after 6 weeks. Keep elbow bent and relaxed. Repeat 10 reps, 2-3 times/day.





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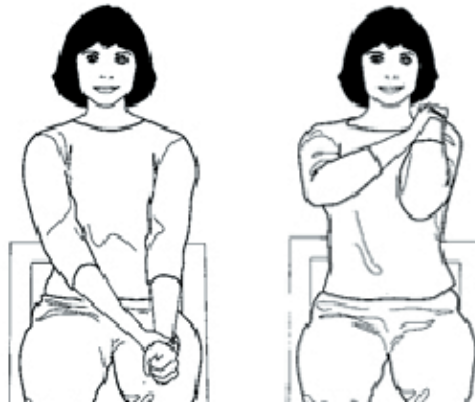
## ROTATOR CUFF REPAIR PROTOCOL

2) **Passive Pendulum Exercise:** Hold onto a chair back with non-op hand and bend forward. Let the operative arm hang down passively. Use body to passively swing arm: Forward, backward, side to side and in small circles. Repeat throughout the day as tolerated.

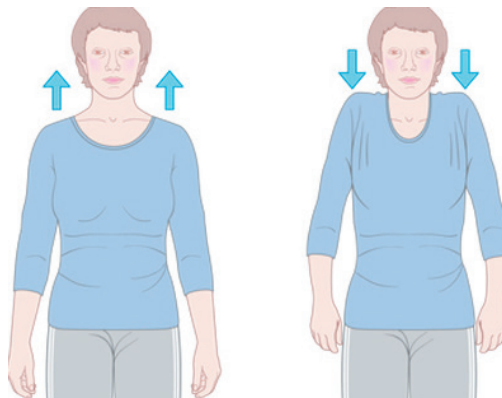


### ADDITIONAL EXERCISES IN PHASE 1 (WEEKS 0-6)

3) **Passive Elbow Flexion/Extension:** While standing or sitting, use non-op hand to bend & straighten elbow. Repeat 10 reps, 2-3 times/day.



4) **Shoulder Shrug:** While standing or sitting, shrug shoulders up, back and down in a large, circular motion. Repeat 10 reps, 2-3 times/day.





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5) **Active ROM of Wrist and Gripping:** Cock wrist up, down and side-to-side, open and close fist. Do 20 reps of each, 2-3 times/day.

6) **Neck Range of Motion:** While sitting, tilt ear to shoulder in each direction. 5 reps, 3 times/day

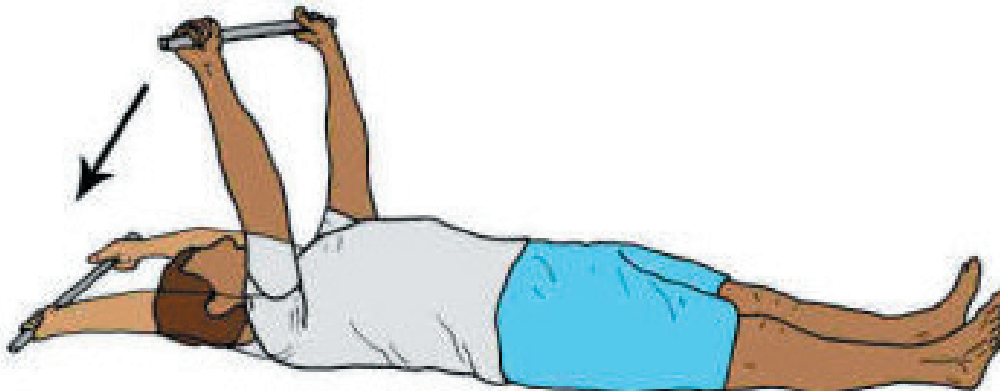
### **PHASE 2 (7-11 Weeks): Active Range of Motion**

With all exercises, monitor symptoms before/after the exercise. Avoid any exercise that increases symptoms for more than 10-15 minutes afterwards

#### **PRECAUTIONS:**

- Discontinue sling at 6 weeks post-op
- OK to begin pulleys and AAROM/AROM
- NO STRENGTHENING or ISOMETRICS until 12 weeks

1) **Active-assisted flexion with cane:** Lie on back and hold cane with both hands. Use good arm to help raise operative arm above head. Hold for 10-15 seconds, 2 times/day.



2) **Active-assisted external rotation with cane:** Lie on back and hold a cane with both hands. Use good arm to help roll affected arm outward. Repeat 5-10 reps, 2-3 times/day.

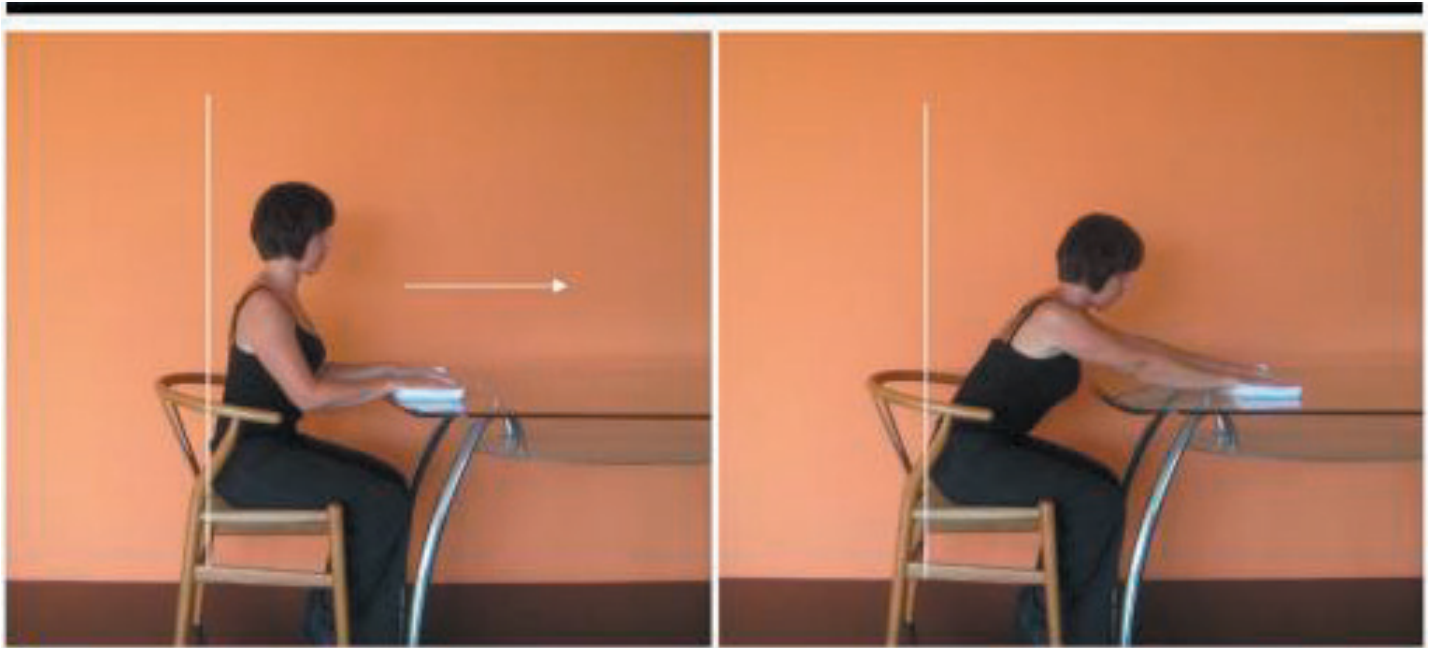




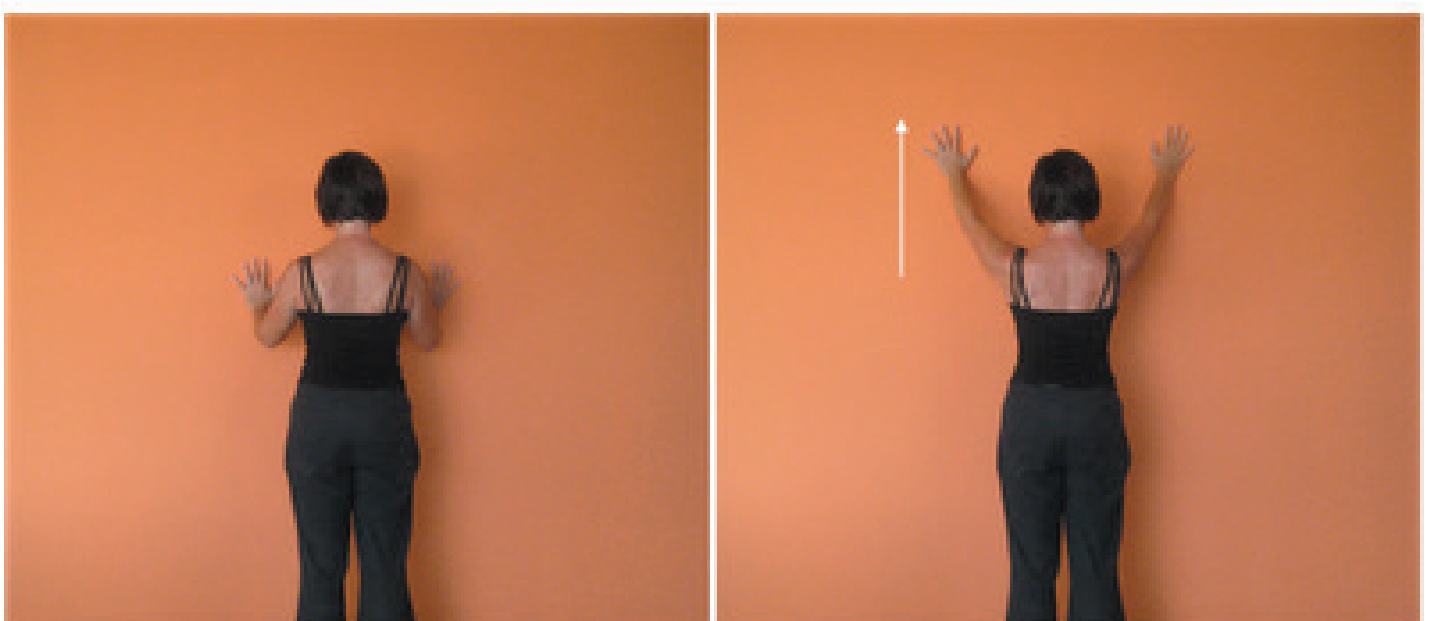
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3) **Table slides:** Sit at a table with hand on a towel. Slide hand forward as far as you can. Return to starting position & repeat 10-15 times, 2 times/day. You can also face table sideways & repeat movement out to side.



4) **Wall slides:** Stand facing the wall. Use fingers to walk/slide hand up the wall on a towel. Go as far as you can. Return to starting position & repeat 10-15 times, 1-2 times/day.

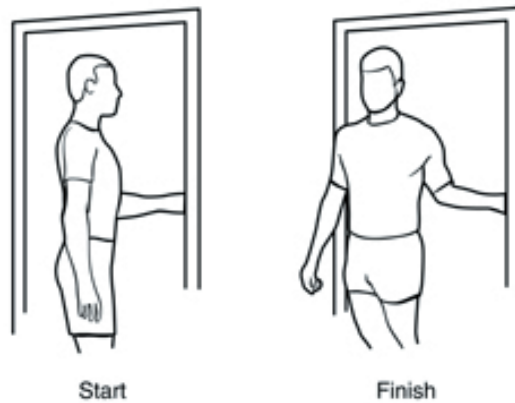




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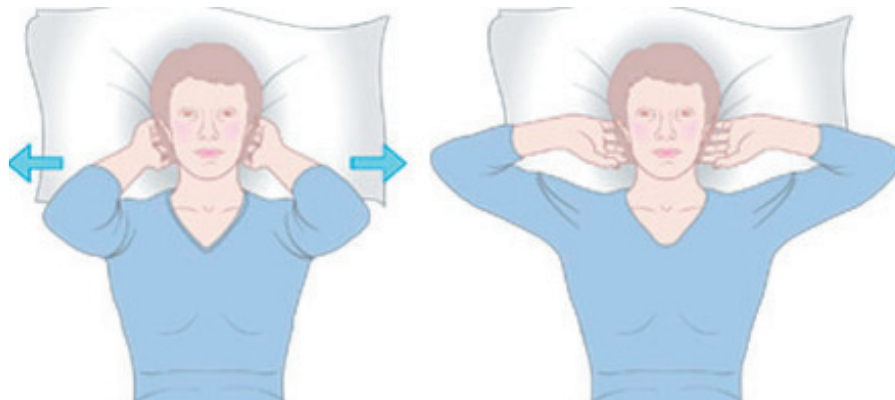
- 5) **ER in doorway:** Stand facing door jamb and place hand of operative shoulder on the door jamb. Keep elbow in at side while turning body away from affected shoulder. Hold 15-20 seconds, repeat 2-3 times, twice a day.



- 6) **Cuff stretch:** Gently reach across body. Use other hand to pull elbow further across and hold for 10-20 seconds, 1-2 times/day.



- 7) **Hands behind head stretch:** Clasp hands behind head and stretch elbows backward. Hold for 15-20 seconds, 1-2 times/day.



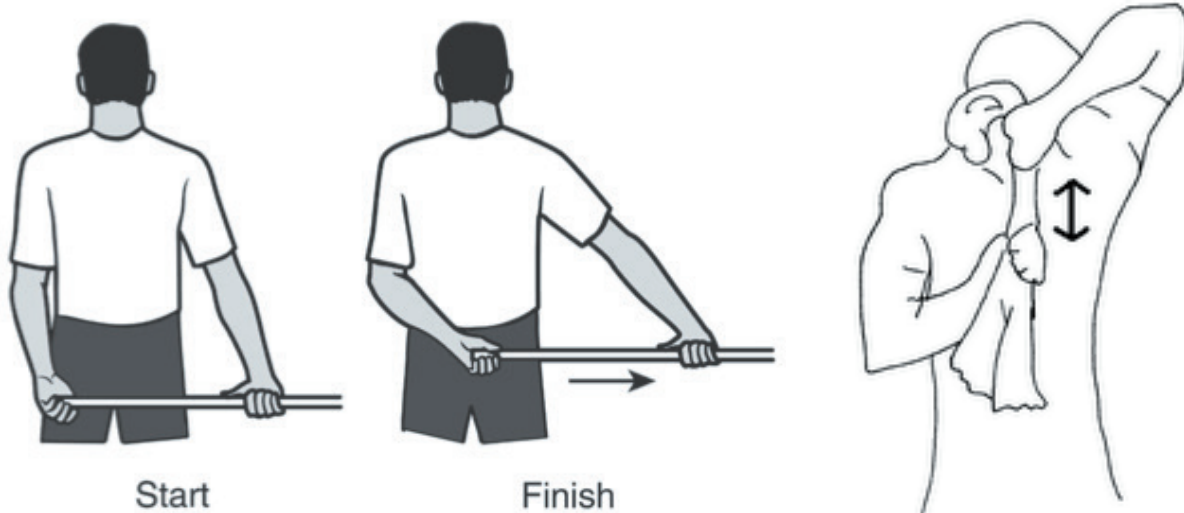




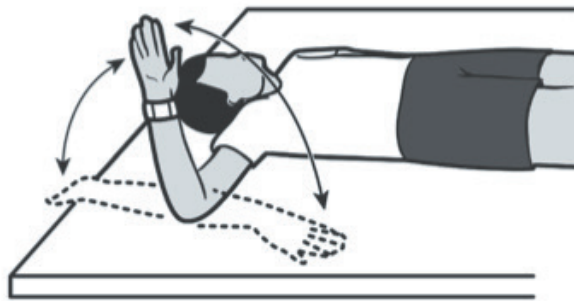
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8) **IR behind back:** Gently reach affected arm behind back. Try to get wrist to midline of body. Use other hand with or without a cane/towel to help slide hand up back. Hold 15-20 seconds, 2-3 reps, twice a day.



9) **Active external rotation (NO Weight):** Lie supine or on non-op side. With elbow bent to 90, rotate upper arm to raise hand toward the ceiling. Repeat 5-10 reps, 2-3 times/day.



10) **Wall Climb Abduction:** Stand with shoulders flush with doorway. Use thumb & fingers to climb sideways up wall as high as possible. Do 10-20 reps, 2-3 times/day.





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### PHASE 3 (12-17 Weeks): Early Strengthening

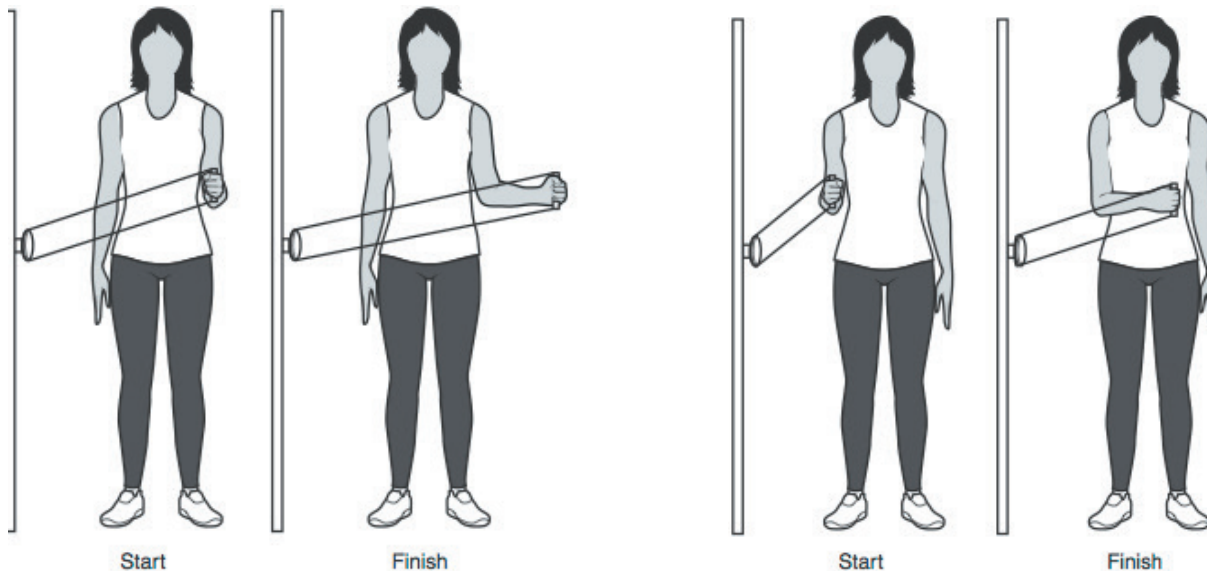
With all exercises, monitor symptoms before/after the exercise. Avoid any exercise that increases symptoms for more than 10-15 minutes afterwards

#### PRECAUTIONS:

- Gradual strengthening beginning with T-bands
- Focus on restoring power + endurance
- No lifting > 5 lbs, no pushing or overhead lifting

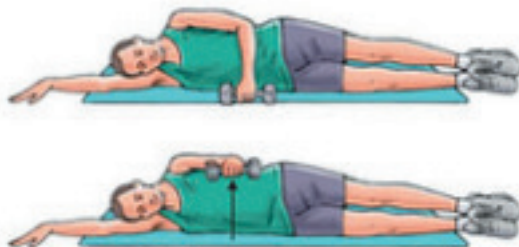
#### Week 12

1) **Theraband ER and IR:** Secure knotted band in a door and grasp with hand. Keeping elbow bent, and in at side, pull band towards stomach, followed by pulling out with hand. Do 10-20 reps, 1-2 times/day.



#### OTHER EXERCISES

1) ER Side-lying



Side-lying external rotation

2) Full can in scapular plane



Scaption





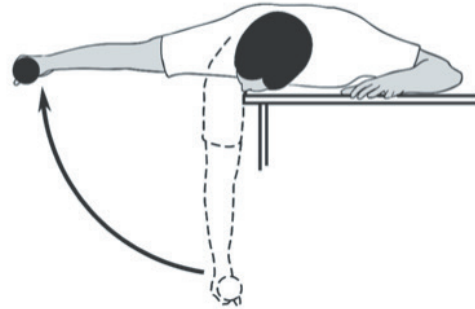
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2) **Prone rowing**, horizontal abduction and extension:



Horizontal abduction



**Week 13-14:** Initiate light functional activities as permitted

**Week 15:** Progress to fundamental shoulder exercises

### **PHASE 4 (17-25 Weeks): Advanced Strengthening**

#### **PRECAUTIONS:**

- Gradual return to full functional activities
- No clearance to sport until 25 weeks, once seen by Orthopedic Surgery

#### **FOCUS:**

- Advance conditioning exercises
- Improve muscle strength and power
- Advance **proprioceptive** and **NM activity**
- Advance to **light sports** (golf chipping/putting, tennis ground strokes)
- **Week 20** – Initiate interval Sport Program

### **SUMMARY OF IMPORTANT POINTS**

#### **PHASE 1 – Immediate Post-op (Weeks 0-6)**

Gradual increase in PROM

Diminish pain and inflammation

Sling x 6 weeks – remove only for exercise

No AROM, No Lifting

Pendulums in 1st week, Passive Supine Forward Elevation from Week 2-6

#### **PHASE 2 – Protection and AROM (Weeks 7-12)**

Discontinue sling (at end of week 6)

Gradually gain full PROM and begin AROM and AAROM

No lifting or strengthening



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### **SUMMARY OF IMPORTANT POINTS (cont)**

#### **PHASE 3 – Early strengthening (Weeks 13-17)**

Obtain full AROM

Begin work on dynamic shoulder stability

Gradual restoration of strength and endurance (No lifting > 5 lbs)

#### **PHASE 4 - Advanced Strengthening (Weeks 17+ - 25)**

Progression of strengthening

NM control

Light sports

Initiate interval programs by week 20