



GOLDEN STATE ORTHOPEDICS & SPINE

ROTATOR CUFF REPAIR REHABILITATION PROGRAM

STAGE 1: WEEKS 0-4:

- Patient is immobilized for the initial 4-6 weeks, usually depending on the size of the repair
- Patients to dress over and bathe around shoulder abduction pillow/sling. (Some select patients will be able to, with assistance, utilize a simple sling for showers after the first week-**NO ACTIVE or PASSIVE shoulder motion**)
- Stress ball squeezes
- **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 4-10:

- 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 (by or at 8 weeks)
- Joint mobilization as needed
- 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 10-12:

- 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
 - **EXTERNAL ROTATION** may be performed lying prone with arm abducted to 90 degrees or sidelying 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 degrees 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 (approximately 20-30 degrees forward of the coronal plane)
- Active shoulder flexion through available range of motion (as tolerated)



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STAGE 4: MONTHS 3+:

- Continue shoulder ROM exercises (as needed). Patient should have passive and active ROM WNL
- Continue isotonic exercises with emphasis on eccentric strengthening of the rotator cuff
- Add Push-Ups. Movement should be pain-free. Begin with wall push-ups and progress as strength improves