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ROTATOR CUFF REPAIR PROTOCOL

Arthroscopic or Open Repair Small and Medium Rotator Cuff Tear

Post Op	Exercises
0-4 Weeks	<p>Immobilizer at all times, except for exercises</p> <ol style="list-style-type: none">1. Pendulum exercises 3x/day minimum2. Elbow and wrist AROM 4x/day minimum3. Cryocuff/ice: days 1-2 as much as possible, then post activity or for pain
5-6 Weeks	<p>Decrease use of sling during the day, except in uncontrolled situations and at night.</p> <ol style="list-style-type: none">1. PROM within limits and pain tolerance2. Manual resistance for scapula motions3. Postural awareness education4. Gentle soft tissue mobilization and joint mobilization5. Modalities as indicated for pain or inflammation

<p style="text-align: center;">6-12 Weeks</p>	<p>Discontinue sling at night. No ROM limits.</p> <ol style="list-style-type: none"> 1. Progress AAROM/AROM in all ranges, including wand and pulleys 2. Joint mobilization for scapula and glenohumeral mobility 3. Gentle strengthening exercises for scapula stabilizers and rotator cuff. <p>May include sub-max isometrics, theratube/band, PNF, and UBE.</p> <p>Emphasis of strengthening on high reps and low weight, with postural awareness.</p> <p>Goal: Involved shoulder AROM grossly within normal limits by 12 weeks</p>
<p style="text-align: center;">12-18 Weeks</p>	<ol style="list-style-type: none"> 1. Resistive exercises as tolerated 2. Progress towards independent home program Reinforce postural awareness, quality of exercise technique, and proper PRE progression