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ROTATOR CUFF REPAIR Rehabilitation Protocol

Phase I	POC	Home Health Goals
Wk 1 – Wk 6 2-5 visits, unless otherwise indicated or necessary.	Immobilizer on at all times, except during exercise and while showering.	<ol style="list-style-type: none"> 1. Independent emergency evacuation (enter and exit residence) 2. Independent home exercise program 3. Independent sit to stand 4. Independent bed transfer 5. Minimal assistance donning and doffing immobilizer 6. Minimal assistance bathing & dressing 7. Demonstrate knowledge of precautions 8. Pain Management 0-4/10 9. Donning & doffing shirt to be worn under the immobilizer. <hr/> <p style="text-align: center;">Phase I Goals</p> <ol style="list-style-type: none"> 10. Independent car transfer 11. Independent shower transfer 12. Independent modified bathing 13. Independent modified dressing
Position:	Supine with upper extremity slightly abducted. Place a small pillow or towel under distal humerus.	
Wk 1 – Wk 3	<ul style="list-style-type: none"> • EVAL • No shoulder ROM • Active circumduction performed in pendulum position. Circles not larger than a basketball. • AROM: Hand, wrist, forearm and elbow: All motions. When initially performing elbow Flexion keeps fingertips in contact with body. Well body exercise. • Pain management: Instruction in use of ice and positioning. • Pendulum position for hygiene. • Instruction/Education: Bathing, dressing, donning and doffing immobilizer, and T-shirt under immobilizer observing precautions. • Edema Control • Transfer and gait training as indicated. 	
Frequency of exercises	Exercises performed 2-3 times per day at 10-15 repetitions each session.	



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Phase II	POC	GOALS
Wk 7– Wk 9 3 x/ wk	D/C Immobilizer	<ol style="list-style-type: none"> 1. Independent HEP 2. Pain Management 0-2/10 3. AAROM not to exceed 0-135° elevation 35° ER 4. Make recommendations re: outpatient P.T at 6 - 7 wks
Position	Supine with upper extremity slightly abducted. Place a small pillow or towel behind/under distal humerus.	
Continue	AROM: Continue Phase I PRN Education/ADL's: Continue Phase I PRN Transfer/Gait training: Continue Phase I PRN Pain Management: Continue Phase I PRN	
Add	PROM and AAROM in supine: Shoulder: Gentle external rotation not to exceed 35° Gentle scaption not to exceed 135° Diagonal patterns with a limit of 35° of external rotation and 135° of scaption. Begin: Wand – flexion, scaption and external rotation Low weight strenghtening: Biceps, triceps and serratus	
Closed kinetic chain	Initiate use of UE for sit to stand. Initiate UE weight shift	
Frequency of exercises	Exercises performed daily at 10-15 repetitions each session.	

Phase III	POC	GOALS
Wk 10 – Wk 12 2 wk 3	AROM: Initiate AROM exercises in standing increasing elevation gradually within patient's tolerance. External rotation pain free ROM Scaption pain free ROM D1 and D2 patterns, triceps, serratus lift in supine, prone extension, flexion, horizontal ABD <u>Sidelying: external rotation.</u> AROM and AAROM: Continue as above.	<ol style="list-style-type: none"> 1. Independent home exercise program 2. Antigravity pain free AROM Elevation: 0-160° ER: 0-60°
	RROM: Initiate gentle isometrics. Internal rotation, external rotation, flexion, extension	
	Closed Chain: Progression from phase II continued. Add resistance and challenge.	
Frequency of exercises	ROM exercises performed 2-3 times per day until maximum ROM achieved, then performed daily for 3 months, then performed 3 times per week.	



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Phase IV	POC	4 month GOALS
Wk 13 - 16	A & AAROM: Continue as above. Increase ROM as tolerated by patient	1. Independent exercise program 2. Pain free ADLs 3. AROM in supine: Elevation/scaption to tolerance ER:80° AROM in standing: Elevation/scaption: 180° 4. Catch light object (demonstrate good reaction and timing.)
	RROM: Initiate gentle strengthening with theraband/tubing in small arcs of motion: internal rotation, external rotation, elevation, abduction, extension to 30 degrees. Progressive strengthening of the shoulder girdle and well body	
	ADL's: Military press in diagonal patterns, grooming, dressing.	
	Skill activities: Toss light ball with elbows and hands within view for reaction and timing.	
Frequency of exercises	ROM exercises performed 2 times per day until maximum ROM is achieved, then performed daily for 3 months then performed 3 times per week. Strengthening exercises performed 3 times per week.	