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Rotator Cuff Repair Rehabilitation

- I. **Week 1**
 - One physical therapy visit at 2 days post-op for HEP and sling instruction
 - Wear sling day and night
 - Cervical Stretches
 - Wrist/hand ROM
 - Cryotherapy and Electrical stimulation for edema and pain control
 - Begin grip and wrist strengthening exercises
 - Pendulums

- II. **2 Weeks from Surgery**
 - Begin therapy 3x/week for PROM – shoulder flex to 90 degrees (up to 25 degrees of ER in 45 degrees of abduction, include scapular ROM)
 - Seated unilateral scapular retraction in gravity eliminated position (i.e. arm resting on table)
 - Continue PROM
 - Sidelying scapular mobilizations – passive and active assisted

- III. **4 Weeks from Surgery**
 - Pulleys for AAROM scaption and flexion (pain-free range) (issue pulleys for HEP prn)
 - Bicep/Triceps isometric strengthening
 - Side lying scapular PNF (anterior elevation/posterior depression & posterior elevation/anterior depression) – active and shoulder clocks
 - AAROM with wall walking flexion and abduction
 - Discontinue sling use-at home only – continue to wear outside of home or in office/public places.

- IV. **5 Weeks from Surgery**
 - Supine wand exercises flexion – pain-free, ER at 45 degrees of abduction, abduction to 60 degrees
 - Progress bicep and triceps strengthening
 - Standing UE weight shifting
 - Initiate standing shoulder extension

- V. **6 Weeks from Surgery**
- Progress to full PROM
 - Neutral shoulder isometrics 6 directions - pain free
 - Active shoulder depressions with body weight
 - Theraband rows
 - MRE's (manual resistive exercises) at various angles including rhythmic stabilization of IR and ER at 45 degrees of abduction.
 - Discontinue sling use (unless specified)
- VI. **7-8 Weeks from Surgery**
- Wall alphabet with ball
 - Progress to full PROM
 - Assisted UE gentle PNF (D1 and D2) supine
 - Supine punches
 - Active Range of Motion- all directions
 - Quadruped weight shifting
 - Light functional activities (ie. Cabinet reaching)
 - Initiate rotator cuff strengthening
 - Wall push ups (shoulder width apart, focus on triceps)
- VII. **9 Weeks from Surgery**
- Initiate UBE
- VIII. **11 Weeks from Surgery**
- Standing PNF – add resistance when pt demonstrates correct shoulder mechanics
- IX. **12-20 Weeks from Surgery**
- Full PROM and AROM
 - Work on eccentric control of RTC muscles
 - Interval Throwing Program - 5 months