

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY
SPORTS MEDICINE

SHOULDER ARTHROSCOPIC ROTATOR CUFF REPAIR REHAB PROTOCOL

Sling (except during PT and washing):

Small tear: sling x 2 wks at all times, then 2 wks for activities (i.e. outside home)

Medium tear: sling x 4 wks at all times, 2 wks for activities (i.e. outside home)

Large/Massive tear: sling x 6 weeks at all times

Motion:

Week 0-2: Pendulum exercises, elbow/wrist/hand ROM

Week 2-3: supine PROM: flex to 130, abd to 40, ER 45 deg. Start stationary bike.

Week 3-6: Passive/Active-assistive ROM: flex to 150, abd to 70, ER to 45 deg
Start aquatherapy if available.

After wk 6: P/AAROM: flex to 180, abd and ER to tolerance
Begin active ROM, progress to full AROM as comfort allows

Strengthening (only begun after near-full ROM achieved, see below):

Week 6: Only small/medium tears: Gentle strengthening; isometrics (pain-free)

Week 8: Begin large tear, gentle strengthening

Week 10: Initiate full strengthening program
i.e.: theraband ER/IR, sidelying ER; deltoid lateral raise; periscapular strengthening

****Subscapularis Repair (if included):**

Motion:

Weeks 0-2: As above

Weeks 2-6: Begin PROM, Limit: Flexion to 90, Ext Rot to 45, Extension to 20. No active IR.

Weeks 6-12: Passive ROM to tolerance in all planes, initiate active/active-assist ROM. No resisted Int rot. Strengthening delayed until full ROM achieved. Continue Scapular Stabilization.

****Biceps Tenodesis (if included):**

No resistive biceps supination or flexion x 6 weeks from surgery

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**