

TYPE II ROTATOR CUFF REPAIR PROTOCOL

(Massive Repair)

JAMES NIEMAN, MD

PATIENT _____

DATE OF SURGERY _____

*Initial Visit POD# 2 or #3, second visit Week 2-3, then visits at therapist discretion

GOALS

- 1 Maintain integrity of repair. Never overstress healing tissue
- 2 Reestablish full PROM as quickly and safely as possible
- 3 Reestablish dynamic humeral head control
- 4 Improve external rotation muscular strength and muscular balance
- 5 Initiate resisted shoulder abd and flex when muscular balance is restored
- 6 Caution against overaggressive activities (tissue healing constraints)
- 7 Restore patient's functional use of the shoulder, but do so gradually
- 8 Active rotator cuff muscles through inhibition of pain

PHASE I: IMMEDIATE POST SURGICAL PHASE - Initial visit POD #2 or #3 - Week 3

GOALS: Maintain integrity of repair
Diminish pain and inflammation
Prevent muscular inhibition

PRECAUTIONS: Maintain arm in brace, remove for exercise
No lifting with involved arm
No excessive shoulder extension
No aggressive stretching or sudden movt.
No supporting of body weight with hand
Keep incision dry and clean

DAY 1-6:

Sling or slight abduction brace (per physician)
Pendulum Exercises ONLY
Scapular retractions
Elbow/Hand gripping and ROM exercises
Cryotherapy (15-20 min every hour)
E-stim as needed for pain
Sleep in sling or brace

DAY 7 -10:

Continue above exercises
Continue modalities as needed
Continue sleeping in brace

PHASE II: PROTECTION PHASE WEEK 4- WEEK 5

GOALS: Allow healing of soft tissue
Do not overstress healing tissue
Gradually restore full PROM
Decrease pain and inflammation

PRECAUTIONS: No lifting
No excessive behind the back movt
No supporting of body weight with hand
No sudden motions

Weeks 4-5

Continue use of brace during sleep until week 4
Continue above exercises
Begin PROM
Flex 0-90
ER to 30 at 90 degrees abd
IR to 30 at 90 degrees abd

Continue modalities as needed
Continue above precautions

PHASE III: EARLY INTERMEDIATE PHASE WEEK 6-12

GOALS: Full PROM week 10-12
Begin AROM
Dynamic Shoulder stability
Gradual restoration of shoulder strength and power

Weeks 6-9

Continue above exercises
Initiate therapist assisted, AAROM in supine (per patient tolerance)
AAROM with wand
Progressive PROM until approx full at 12 weeks
Initiate submax isometrics in standing with elbow bent
Initiate prone rowing to neutral arm position
Initiate Isotonic elbow flexion
May use heat prior to exercise
May use pool for light ROM exercises

Weeks 10-12

Continue above exercises
Initiate AROM
 Shoulder flexion in scapular plane
 Shoulder abduction
Initiate Isotonic strengthening
 IR/ER tubing
 Side lying ER/IR
 Prone Rowing
 Prone Horz abduction
 Bicep Curls
 Elbow Extension

PHASE III: LATE INTERMEDIATE PHASE WEEKS 13-16

GOALS: Full AROM week 16
Maintain full PROM
Dynamic Shoulder stability
Gradual restoration of shoulder strength and power
Gradual return to functional activities

Week 13

Continue above exercises as needed
Initiate dynamic stabilization drills
Progress strengthening as listed above

Week 15

Initiate light functional activities when physician permits

PHASE IV: ADVANCED STRENGTHENING PHASE WEEK 17-23

GOALS: Maintain full nonpainful ROM
Enhance functional use of the UE
Improve muscular strength and power
Gradual return to functional activities

Week 17

Continue ROM and stretching to maintain full ROM
Self capsular stretching
Progress shoulder strengthening to functional shoulder exercises

Week 21

Continue above exercises
Continue to perform ROM stretching if motion is not complete

PHASE V: RETURN TO ACTIVITY PHASE WEEK 24-30

GOALS: Gradual return to strenuous work activities
Gradual return to recreational sport activities

Week 24

Continue above exercises

Week 30

May initiate interval sport program, i.e. golf, etc

Physician Signature: _____