

# TYPE I ROTATOR CUFF REPAIR PROTOCOL

(arthroscopic tears for small to large tears with good tendon quality >1cm, <5cm)

Jeffrey E. Otte, MD

PATIENT \_\_\_\_\_

DATE OF SURGERY \_\_\_\_\_

## 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 DAY 1-10

**GOALS:** Maintain integrity of repair  
Gradually increase PROM  
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  
Sling for 6 weeks

#### DAY 1-6:

Sling or slight abduction brace 6 weeks  
Pendulum Exercises  
PROM  
Flexion 0-90 per tolerance  
ER in scapular plane to 35 per tolerance  
IR in scapular plan to 35 per tolerance  
Table glides  
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  
PROM  
Flexion 0-105  
ER in scapular plane to 35-45  
IR in scapular plane to 35-45  
Continue modalities as needed  
May begin weaning out of sling and pillow at day 10-14, as needed to sleep

### PHASE II: PROTECTION PHASE DAY 11 - WEEK 6

**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

## Day 11-14

Continue above exercises  
PROM  
Flex 0-125-145  
ER to 45 at 90 degrees abd  
IR to 45 at 90 degrees abd  
Continue modalities as needed  
Continue above precautions

## Day 15-28

Continue above exercises  
AAROM with wand  
Therapist assisted AAROM per patient tolerance  
Initiate prone rowing to neutral arm position  
Initiate submax isometrics in standing with elbow flexed  
Initiate Isotonic elbow flexion  
May use heat prior to exercise  
May use pool for light ROM exercises

## Day 29-42

Continue above exercises  
Initiate AROM  
Shoulder flexion in scapular plane  
Shoulder abduction  
\*patient must be able to elevate arm w/o shoulder or scapular hiking before continuing  
Initiate Isotonic strengthening  
ER tubing  
Side lying ER/IR  
Prone Rowing  
Prone Horz abduction  
Bicep Curls

## PHASE III: INTERMEDIATE PHASE WEEK 7-14

**GOALS:** Full AROM week 10-12  
Maintain full PROM  
Dynamic Shoulder stability  
Gradual restoration of shoulder strength and power  
Gradual return to functional activities  
Discontinue Sling 6 weeks after surgery

### Week 7

Continue PROM/Stretching as needed  
Continue dynamic stabilization drills  
Progress strengthening  
ER/IR tubing  
ER sideling  
Lateral Raises  
Full can in scapular plane  
Prone rowing  
Prone Horz abduction  
Prone extension  
Elbow Flexion  
Elbow Extension

### Week 8

Continue above exercises  
Initiate light functional activities when physician permits

### Week 14

Continue above exercises  
Progress to functional shoulder exercises

**PHASE IV: ADVANCED STRENGTHENING PHASE WEEK 15-22**

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

**Week 15**

Continue ROM and stretching to maintain full ROM  
Self capsular stretching  
Progress shoulder strengthening to functional shoulder exercises  
Initiate interval golf program if appropriate

**Week 20**

Continue above exercises  
Progress golf program to playing golf if appropriate  
Initiate interval tennis program if appropriate  
May initiate swimming

**PHASE V RETURN TO ACTIVITY PHASE WEEK 23 - 30**

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

**Week 23**

Continue above exercises  
Progression to sport participation

**Week 26**

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

Physician Signature: \_\_\_\_\_