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### POST-OPERATIVE ROTATOR CUFF REPAIR REHAB GUIDELINES

Diagnosis/Surgery: \_\_\_\_\_

Frequency – twice per week for 8-12 wks

Patient will wear an abduction pillow brace/sling for 6 weeks postop

PT to begin after patient sees MD for 2 week post-op visit

IF SUBSCAPULARIS REPAIR: no passive ER past 30°

IF BICEPS TENODESIS: no biceps strengthening until 8wks

Accelerated rehab for small (<2cm) cuff repair – sling for 4wks, AAROM at 3wks, AROM at 4wks, strengthening at 8wks if progressing phases well

#### PHASE 0: IMMEDIATE POST-OP

##### Goals:

1. Protect repair
2. Decrease swelling

##### Activity:

1. Sling at all times
2. Ice therapy
3. Active ROM of elbow, wrist, hand

#### PHASE 1: WEEKS 2-5

##### Goals:

1. Protect repair
2. Decrease pain
3. Prevent stiffness

##### Activity:

1. Sling at all times, may remove for therapy
2. Modalities to decrease pain and inflammation
3. Pain free PROM – 90-120° forward flexion, 90° abduction
4. Isometrics of scapular muscles, posture
5. Rhythmic stabilization exercises
6. No active shoulder ROM, no overhead activities

## PHASE 2: WEEKS 6-8

### Goals:

1. Full PROM
2. Restore full AROM
3. Decrease pain

### Activity:

1. Discontinue sling at week 6
2. Continue PROM as needed to restore full ROM
3. Initiate active assisted ROM and progress to full AROM as tolerated
4. Must be able to elevate arm without shoulder or scapular hiking before initialing isotonic – if unable continue dynamic rhythmic stabilization glenohumeral exercises
5. Rhythmic stabilization
6. Progress to closed chain scapula stabilization
7. Gentle stretching
8. Home program for motion only
9. No lifting, no overhead, no theraband

## PHASE 3: WEEKS 9-12

### Goals:

1. Maintain flexibility
2. Improved shoulder stability
3. Restore shoulder strength

### Activity:

1. Continue stretching
2. Continue strengthening scapular stabilizers, posture, dynamic stabilization
3. Avoid overly repetitive theraband exercises
4. Progress to pulleys and light weights
5. Increase weights as tolerated

## PHASE 4: >3 MONTHS

### Goals:

1. Enhance functional use of extremity

### Activity:

1. Sport specific training or work hardening as necessary

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Date