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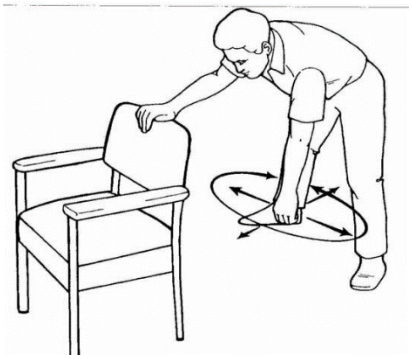
Rotator Cuff Repair Physical Therapy Protocol

Diagnosis: s/p Right/Left RCR with Speed Bridge Technique

Phase I

- Week 0-1
    - Patient to remain in sling for 6 weeks
        - May come out of sling when doing home exercises and showering
    - Start home exercises
        - Pendulum swings (pictured below), elbow ROM, wrist ROM, grip strengthening



- Week 2-6
    - Remain in sling until end of week 6
    - PROM
        - Goal: 140 degrees FF, 40 degrees ER, 80 degrees of Abduction
        - Grip strengthening, continue home exercises
        - Modalities: ice, electrical stimulation, ultrasound
    - No canes/pulleys until after week 6

Phase II

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- Week 6-12
    - Wean out of sling (i.e. wear out in public initially, take off at home)
    - PROM → AAROM
        - With therapist and wand
        - Supported biceps/triceps exercises
    - At week 8, advance ROM
        - AAROM → AROM
            - Exercises in all planes of shoulder motion as tolerated
            - Light passive stretching at end ranges
            - Begin periscapular exercises
                - Shoulder shrugs and scapular retraction exercises
            - Begin isometric exercises including internal and external rotation, abduction and extension
        - ROM should be full by 8 weeks
            - Once full ROM, start rotator cuff strengthening with therabands
    - Continue modalities
        - Ice or cryotherapy 5 times per day and after exercises

<u>Phase III</u>

- Month 3-5
    - Continue all exercises as above
    - Advance strengthening as tolerated: isometrics → bands → light weights (1-5lbs)
        - 8-12 reps/2-3 sets for rotator cuff, deltoid and scapular stabilizers
        - Emphasis to regain full strength with high repetition, low weight

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- At 5 months, can begin eccentrically resisted motions, plyometrics, proprioception exercises

- Month 5-8
  - Transition to home program with goals
  - Progress to advanced rotator cuff strengthening
    - Only do strengthening 3x/week to avoid rotator cuff tendonitis
  - Return to throwing at 6 months
    - Sport related rehab should be incorporated
      - Throwing from pitchers mound at 9 months, contact sports at 9 months