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Sports Medicine and Shoulder Service

### Rotator Cuff Repair Rehab Protocol Prescription

**Patient Name:**

**Date:**

**Diagnosis: Rotator cuff tear**

**Frequency: 2-3 visits/week    Duration: 4 months**

#### **Weeks 1-4: Rest and Healing**

Sling Immobilizer: At all times except exercises

HEP: Distal ROM with scapular retraction

Manual scapular manipulation with patient lying on non-operative side

Supine passive FF in scapular plane to 120 deg

Supine passive ER to 30 deg

#### **Weeks 4-6: Protective/Early Motion Phase**

Sling Immobilizer: At all times except exercises (may d/c after 6 weeks)

PROM: Forward flexion in scapular plane - No limits

External rotation 45 deg

Internal rotation 30 deg

Therapeutic exercises: Codmans, wand exercises

Strengthening: RTC isometrics with arm in 0 deg abduction and neutral rotation

Scapular stabilization, no resistance

Abdominal and trunk exercises

#### **Weeks 7-12: Early Strengthening Phase**

PROM/AAROM: FF/ ER/ IR - Full

Therapeutic exercises: Cont wand exercises for ER/IR/FF

Flexibility, horizontal adduction (post capsule stretching)

Strengthening: RTC isotonic strengthening exercises

AROM: side-lying ER and supine FF in scapular plane

Progress to standing FF

ER/IR @ modified neutral w/ elastic bands

Progress to rhythmic stabilization exercises

Progress to closed chain exercises

### **Weeks 12+: Late Strengthening Phase**

- Progress isotonic strengthening: periscapular and RTC musculature
  - Lat pull downs
  - Row machine
  - Chest press
- Flexibility: side-lying post capsule stretch
- Progress scapular stabilization program
- Initiate isokinetic strengthening (IR/ER) in scapular plane
- Begin light plyometrics at 16-18 weeks
- Individualize program to meet demands of sport specific requirements at 20-24 weeks  
Initiate throwing program for overhead athletes at 20-24 weeks

### **Concerns or questions:**

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**Physician Signature:**