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Rehabilitation Guidelines for Rotator Cuff Tears Following Surgical Repair

<p><u>Phase I: 0-6 weeks Post-op:</u></p> <p>Goals:</p> <ol style="list-style-type: none">1. Patient education.2. Permit healing.3. Control pain and inflammation.4. Initiate range of motion exercises. <p>Treatment:</p> <p>Immediate Post-op or Post-op day #1</p> <ol style="list-style-type: none">1. Immobilize in sling - use sling for comfort and public only2. Hand squeezes3. Elbow AROM <p>7-10 day Post-op:</p> <ol style="list-style-type: none">1. Heat and Ice2. Active scapular exercises (shoulder shrugs and scapular retraction)	<p><u>Phase II: 6-8 weeks Post-op:</u></p> <p>Goals:</p> <ol style="list-style-type: none">1. Improve to full ROM.2. Improve neuromuscular control and strength.3. Emphasize normal scapulohumeral rhythm. <p>Treatment:</p> <ol style="list-style-type: none">1. Phase I stretching2. Add Phase II stretches (extension, IR, and cross body adduction)3. Phase I strengthening exercises (ER, IR, extension)4. Submaximal manual resistance (ER, IR) with arm supported5. Resisted scapular strengthening (with arms below shoulder height)
<p><u>Phase III: 8-12 weeks Post-op:</u></p> <p>Goals:</p> <ol style="list-style-type: none">1. Full pain free ROM.2. Optimize neuromuscular control.3. Improve endurance4. Initiate return to functional activities <p>Treatment:</p> <ol style="list-style-type: none">1. Resisted scapular strengthening2. Manual resistance for rotator cuff and deltoid3. Bodyblade below 45°4. Progress to Phase II Strengthening (Abduction, forward elevation, and ER at 45° in POS with arm supported) when at green for all Phase I exercises5. Appropriate variable resistance and/or free weight resistance6. Strengthening in 45° to 90° position (keep pain free and in plane of scapula)	<p><u>Phase IV: 12 weeks – 6 months:</u></p> <p>Goals:</p> <ol style="list-style-type: none">1. Return to sport, occupation or desired activities*2. Promote concept of prevention <p>Treatment:</p> <ol style="list-style-type: none">1. Work or Sport specific exercises*2. Work hardening*3. Gradual return to sport or desired activities*

*Applies to athlete or laborer



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