

Arthroscopic LARGE Rotator Cuff Repair

(MASSIVE Tears)

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General:

- Cryotherapy to be emphasized.
- Showering at 72 hrs
- Desk work when comfortable with elbow supported/sling
- HEP weeks 1-2
 - Pendulum
 - Elbow/Wrist/Hand ROM
 - Scapula exercises
- Formal PT to begin 2-3 wks post op.
- Driving
 - No commercial driving until 6 weeks
 - Private, capable patient, no use surgical arm, no longer on pain medication

	Week	1	2	3	4	5	6	7	8	9	10	11	12
P R O M	Flexion	As tolerated, full by week 4-6											
	Abd/Ext	As tolerated, full by week 4-6											
	IR/ER	In scaption as tolerated				At 90/90 progress as tolerated, full by week 6-8							
AAROM			All motions as tolerated, table slides early, Pulley 4 wks										
A R O M	Flexion/ Abd/IR/ER/ Ext	NONE						AROM as tolerated, No PRE				PRE, begin with low resistance	
Sling		Wear day & night + Abduction pillow						Discontinue use of sling					

Strengthening and Conditioning

Phase1: Weeks 0-6	Phase 2: Weeks 6-12	Phase 3: Weeks 12+
Elbow/Wrist/Hand: • AROM as tolerated Shoulder: • Small pendulum exercises • Isolated scapular strengthening 4 weeks • Submaximal isometrics with elbow flexed for flexion, abduction, extension, internal rotation and external rotation.	• Self PROM with physioball on table • Scapulothoracic • Glenohumeral • Isotonic external rotation • Prone/sidelying exercises • Light biceps/triceps • Rhythmic stabilization • Progressive resistive exercises (PREs) 10 wks • Daily stretching until full symmetric ROM.	• Phase II exercises plus begin: • Plyometric exercises • Sport specific exercises • Resisted exercise: RC (IR and ER, Avoid full-can or empty-can exercise) Deltoid, Scapula 16 weeks • Acceleration-bridge program with MD approval 6-8 months • Return to sport with MD approval

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