

# Arthroscopic Rotator Cuff Repair

(Small to Medium Tears)

## PHYSICAL THERAPY PROTOCOL

*Travis Hendry MD*



### 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<br>R<br>O<br>M | Flexion                       | As tolerated. Pulleys (AAROM) at 4 wks, 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 |   |   |                                                  |   |                              |   |                                                            |    |    |    |
| A<br>R<br>O<br>M | Flexion/<br>Abd/IR/ER/<br>Ext | NONE                                                     |                                        |   |   |                                                  |   | AROM as tolerated,<br>No PRE |   | Progressive resistive exercises, begin with low resistance |    |    |    |
| Sling            |                               | Wear day & night<br>+ Abduction pillow                   |                                        |   |   | Plain sling,<br>daytime                          |   | Discontinue use of sling     |   |                                                            |    |    |    |

## Strengthening and Conditioning

| Phase1: Weeks 0-6                                                                                                                                                                                                                                                                                                                                                                                                              | Phase 2: Weeks 6-12                                                                                                                                                                                                                                                                                                                                                                            | Phase 3: Weeks 12+                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Elbow/Wrist/Hand:</b> <ul style="list-style-type: none"> <li>• AROM as tolerated</li> </ul> <b>Shoulder:</b> <ul style="list-style-type: none"> <li>• Small pendulum exercises</li> <li>• Isolated scapular strengthening</li> </ul> <b>4 weeks</b> <ul style="list-style-type: none"> <li>• Submaximal isometrics with elbow flexed for flexion, abduction, extension, internal rotation and external rotation.</li> </ul> | <ul style="list-style-type: none"> <li>• Self PROM with physioball on table</li> <li>• Scapulothoracic</li> <li>• Glenohumeral</li> <li>• Isotonic external rotation</li> <li>• Prone/sidelying exercises</li> <li>• Light biceps/triceps</li> <li>• Rhythmic stabilization</li> <li>• Progressive resistive exercises (PREs)</li> <li>• Daily stretching until full symmetric ROM.</li> </ul> | <ul style="list-style-type: none"> <li>• Phase II exercises plus begin:</li> <li>• Plyometric exercises</li> <li>• Sport specific exercises</li> <li>• Resisted exercise: RC (IR and ER, Avoid full-can or empty-can exercise) Deltoid, Scapula</li> </ul> <p><b>12 weeks</b></p> <ul style="list-style-type: none"> <li>• Acceleration-bridge program with MD approval</li> </ul> <p><b>4-6 months</b></p> <ul style="list-style-type: none"> <li>• Return to sport with MD approval</li> </ul> |

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