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SOMERS ORTHOPEDIC SURGERY AND SPORTS MEDICINE GROUP

Rotator Cuff Repair – Large

Phase 1 Protective Phase (0-6 Weeks)

0-6 Weeks

- Fit brace or sling (determined by physician).
- Begin pendulum exercises.
- Perform passive ROM to tolerance:
  Flexion
  ER/IR (shoulder at 45 degrees abduction)
- Perform elbow ROM.
- Perform hand-gripping exercises.
- Use ice and pain modalities.
- Discontinue brace or sling, either at 4 weeks or 6 weeks as per Dr. Levin

Phase 2 Intermediate Phase (6-14 weeks)

Goals

- Establish full ROM (12 weeks)
- Gradually increase strength
- Decrease pain

6-10 Weeks

- Perform active-assisted ROM and active ROM exercises as tolerated
- Begin isometric strengthening exercise
- Continue to work on grip and forearm strengthening
- Continue pain modalities.

10-14 Weeks

- Continue with active ROM exercises (full ROM by 12 to 14 weeks).
- Begin isotonic and isokinetic strengthening exercises at 12 weeks:
  Deltoid to 90 degrees
  ER/IR side-lying
  Supraspinatus
  Biceps/triceps
  Scapular muscles

- Begin neuromuscular control exercises.
  If patient is unable to elevate arm with shoulder hiking (scapulothoracic substitution), maintain on humeral head stabilizing exercises.

Phase 3-Advanced Strengthening Phase (14-26 Weeks)

Goals

- Maintain full, nonpainful ROM
- Improve strength of shoulder
- Improve neuromuscular control
- Gradual return to functional activities

14-20 Weeks

- Continue active-assisted ROM exercise:
  Flexion, ER, IR
- Perform self-capsular stretches.
- Begin aggressive strengthening program:
  Shoulder flexion
  Shoulder abduction (to 90 degrees)
  Supraspinatus
  ER/IR
  Elbow flexors/extensors
  Scapular strengthening
  Begin conditioning program.

21-26 Weeks

- Continue all exercises listed above.
- Begin interval sport program, if applicable.

Phase 4 Return to Activity Phase (24 to 28 Weeks)

Goals

- Gradual return to recreational sport activities

24-28 Weeks

- Continue all strengthening exercises.
- Continue all flexibility exercises.
- Continue progression on interval program.