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Small/Medium Rotator Cuff Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> • Pain control • Elbow ROM • Decrease swelling 	Abduction sling at all times x 4 weeks	<ul style="list-style-type: none"> • Full Passive ROM: ER Full, Abd full, IR to belly Modalities: <ul style="list-style-type: none"> • Cryotherapy • Compression • Edema control 	<ul style="list-style-type: none"> • Neck, elbow, wrist ROM • Scapular retraction and depression • Pendulums • Passive ROM: EXT rotation and internal rotation to belt, Forward elevation and scaption, abduction
Phase 2 (2-6 weeks) Goals: <ul style="list-style-type: none"> • Gain full passive ROM • Edema/pain control 	Abduction sling at all times until 4 weeks Wean sling weeks 5 and 6 NWB x 4 weeks, then 5lb. weight restriction x 4 weeks	<ul style="list-style-type: none"> • Achieve full passive ROM • Begin Active Assist ROM at 4 weeks • Initiate AROM at 4 weeks Modalities: <ul style="list-style-type: none"> • Gentle Massage • Cryotherapy 	<ul style="list-style-type: none"> • Continue neck, elbow, hand ROM • Continue pendulums • AAROM: ER and IR, forward elevation and scaption • Isometrics at 4 weeks: ER and IR, biceps and triceps • Active ROM (starting at 4 weeks): sidelying ER, FE and scaption, salutes (lawn chair progression), prone extension&horizontal abd, open chain proprioception

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<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Begin full PROM • (full FE, ABD, ER, IR to belt) 	<p>Out of sling</p> <p>5 pound weightbearing restriction starting week 8, then progress as tolerated</p> <p>No overhead prolonged lifting</p>	<ul style="list-style-type: none"> • Full PROM and AROM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER • Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls, tricep extension • Closed chain stability • Prone lower trap
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Gain full muscular strength 	<p>Progress to full weightbearing</p>	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • External rotation strengthening at 45 and 90 degrees • Bear hugs • Statue of liberty • Push-up plus progression
<p>Phase 5 (18+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Return to full overhead activities 	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> • Continue Full A/PROM 	<ul style="list-style-type: none"> • Advanced closed chain stability • Decelerations • Progress to overhead and throwing as indicated weeks 24+