

Center for Athletic Medicine
Dr. Preston Wolin

Rotator Cuff Repair (Type II) Protocol
Medium to Large Tears – Greater than 1cm, less than 5cm
Supraspinatus and/or Infraspinatus

~Please call 773.248.4150 with any and all questions~

I. Phase I: Immediate Post-Surgical Phase (Day 1-10)

- Goals:
 - Maintain Integrity of the repair
 - Gradually Increase PROM (within protocol parameters)
 - Diminish Pain and Inflammation (Cryotherapy 15-20min every hour)
 - Prevent Muscular Inhibition
- Day 1-10
 - Sling/Brace Use: Physician decision/Sleep in sling or brace until Physician instructs otherwise
 - PROM
 - ❖ Flexion to tolerance
 - ❖ ER@90deg ABD to 90deg
 - ❖ IR@90deg ABD to 30deg (**until week 10)
 - Exercise
 - ❖ Pendulum exercises 4-8x/day (Flexion, circles)
 - ❖ Elbow & Hand Gripping and ROM
 - ❖ Scapular Retraction
 - ❖ Submaximal Pain-free Isometrics
 - Flexion, ABD, Extension with bent elbow
 - ER & IR
 - Elbow Flexion
 - Precautions:
 - ❖ No lifting of objects
 - ❖ No excessive shoulder extension/behind the back motion, stretching, or sudden movements
 - ❖ No supporting of body weight by hands (**until week 8)
 - ❖ Keep incision clean & dry

II. Phase II: Protection Phase (Day 11-Week 6)

- Goals:
 - Allow healing/do not overstress healing tissue
 - Gradually restore PROM (within protocol parameters-****Full PROM** should be achieved by week 10)
 - Decrease pain and inflammation
 - Continue with Cryotherapy as needed to address pain and inflammation

- Day 11-Week 3
 - Sling/brace use: Discontinue use of sling/brace
 - May use heat prior to ROM activity
 - PROM
 - ❖ Flexion to tolerance
 - ❖ ER@90deg ABD to 90deg
 - ❖ IR@90deg ABD to 30deg (**until week 10)
 - AAROM (supine wand activities)
 - ❖ Flexion
 - ❖ ER/IR @ 45deg ABD & @90deg ABD (IR limited to 30deg)
 - Exercise
 - ❖ Initiate rhythmic stabilization
 - Supine ER/IR in scapular plane
 - Supine Flexion at 100deg
 - ❖ Continue all isometrics
- Week 4-6
 - PROM
 - ❖ Flexion to tolerance
 - ❖ ER@90deg ABD to 90deg
 - ❖ IR@90deg ABD to 30deg (**until week 10)
 - AAROM
 - ❖ May begin pulleys in flexion, scaption, and abduction
 - ❖ Continue with use of wand in standing
 - AROM
 - ❖ Initiate AROM
 - Sidelying ABD
 - Supine flexion
 - Sidelying ER
 - ❖ **At week 5 may progress AROM to standing if no shoulder hiking is present. If hiking is present in standing, may perform modified AROM on incline bench
 - Exercise
 - ❖ Prone rowing to neutral arm position
 - ❖ Isotonic elbow flexion
 - ❖ Manual resistance: ER in supine (scapular plane)
 - ❖ Rhythmic stabilization wall activity
 - Precautions
 - ❖ No lifting of objects
 - ❖ No excessive shoulder extension/behind the back motion, stretching, or sudden movements
 - ❖ No supporting of body weight by hands (**until week 8)

III. Phase III: Intermediate Phase (Week 7-14)

- Goals
 - Continue to progress with PROM and AROM (IR still limited to 30deg at 90deg ABD until week 10)
 - Dynamic shoulder stability
 - Gradual restoration of shoulder strength & power
 - Gradual return to functional activities (per MD recommendation)

- Week 8
 - May begin retro UBE for active warm up

- Week 10
 - PROM
 - ❖ ***Initiate IR @90deg ABD beyond 30deg
 - AROM/AAROM
 - ❖ Progress as tolerated
 - ❖ Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonic
 - Exercise
 - ❖ Elbow extension
 - ❖ Bicep curls
 - ❖ Scaption in standing (AROM only)
 - ❖ ABD in standing (AROM only)
 - ❖ ER/IR isotonic strengthening (tubing/theraband)
 - ❖ ER in sidying with resistance
 - ❖ Prone horizontal ABD

- Week 14
 - Continue all exercise listed above
 - If MD permits, may initiate light functional activities
 - Progress to independent HEP (fundamental shoulder exercises)

IV. Phase IV- Advanced Strengthening Phase (Week 15-22)

- Goals
 - Maintain full Non-painful ROM
 - Enhance functional use of UE
 - Improve muscular strength and power
 - Gradual return to functional activities
 - ***Self-capsular stretches: sleeper stretch, cross body stretch, behind back IR strap stretch

- Week 20
 - Continue all exercises listed above
 - Progress Golf/Tennis program if appropriate
 - Continue to perform ROM and stretching activity if full ROM has not been achieved

V. Phase V-Return to Activity Phase (Week 23-30)

- Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreation sport activities
- Week 23
 - Continue Fundamental shoulder exercise program (at least 4x/week)
 - Continue to stretch if motion tight/limited

If a patient is not progressing, please call the office 773-248-4150 for recommendations