

Dr. Preston Wolin

Rotator Cuff Repair Type II Protocol

Medium to Large Tears: > 1 cm, < 5 cm

Supraspinatus and/or Infraspinatus

Please call 773.248.4150 with any questions, or if patient is not progressing

- 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 15-20 min every hour)
 - Prevent muscular inhibition
 - Day 1-10
 - Sling/brace use: physician decision/sleep in sling/brace until physician instructs otherwise
 - PROM
 - Flexion to tolerance
 - ER @ 90 deg ABD to 90 deg
 - IR @ 90 deg ABD to 30 deg (**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
- Phase II: Protection Phase (Day 11-Week 6)
 - Goals
 - Allow healing/do not overstress healing tissue

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- 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 @ 90 deg ABD to 90 deg
 - IR @ 90 deg ABD to 30 deg (**until week 10)
 - AAROM (supine wand activities)
 - Flexion
 - ER/IR @ 45 deg ABD & @ 90 deg ABD (IR limited to 30 deg)
 - Exercise
 - Initiate rhythmic stabilization
 - Supine ER/IR in scapular plane
 - Supine flexion at 100 deg
 - Continue all isometrics
- Week 4-6
 - PROM
 - Flexion to tolerance
 - ER @ 90 deg ABD to 90 deg
 - IR @ 90 deg ABD to 30 deg (**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)

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- 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)
- Phase III: Intermediate Phase (Week 7-14)
 - Goals
 - Continue to progress with PROM and AROM (IR still limited to 30 deg at 90 deg 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 @ 90 deg ABD beyond 30 deg
 - 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 sidelying with resistance
 - Prone horizontal ABD
 - Week 14
 - Continue all exercises listed above
 - If MD permits, may initiate light functional activities
 - Progress to independent HEP (fundamental shoulder exercises)
- Phase IV: Advanced Strengthening Phase (Week 15-22)
 - Goals
 - Maintain full non-painful ROM

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- 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
- Phase V: Return to Activity Phase (Week 23-30)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities
 - Week 23
 - Continue fundamental shoulder exercise program (at least 4x/week)
 - Continue to stretch if motion tight/limited