

Roidis Nikolaos, MD, PhD, DSc
Senior Consultant Orthopaedic Surgeon
3rd Orthopaedic Department
KAT Hospital

ROTATOR CUFF REPAIR

POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 - 21

- Immobilizer with abductor pillow x 4-6 weeks – Even while sleeping
 - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- PROM by therapist / Active assist motion (AAROM) w/ pulleys or supine w/ wand
 - Flexion to 90 degrees
 - Abduction to 90 degrees
 - ER to within 30 degrees of opposite shoulder
- Stationary bike (must wear immobilizer)
- Ice pack

GOALS

- Pain control
- AAROM Flexion and Abduction to 90 degrees

WEEKS 3 - 6

- Continue immobilizer x 4-6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- AAROM – Flexion and Abduction > 90 degrees (pulleys, supine wand)
 - ER as tolerated (wand, doorway stretch)
 - IR as tolerated **if no subscapularis repair** (wand behind back)
- 1-2 Finger Isometrics x 6 (fist in box)

GOAL

- AAROM Flexion and Abduction to 150 degrees

WEEKS 6 - 9

- D/C Immobilizer
- Continue appropriate previous exercises
- AROM, AAROM through full range
- Light Theraband ex x 6
- Standing rows with Theraband
- Prone scapular retraction exercises (without weights)
- Biceps and Triceps PREs with light weight
- UBE forwards and backwards with low resistance
- Stairmaster
- Treadmill – Walking progression program
- Pool walking / running – No UE resistive exercises

GOAL

- Full AROM

WEEKS 9 - 12

- Continue appropriate previous exercises
- PROM / mobilization as needed to regain full ROM
- Theraband ex with increased resistance as tolerated
- Seated row weight machine with light weight
- Body Blade
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Ball toss with arm at side using light ball
- Push-up progression against wall
- Elliptical trainer
- Pool therapy – With UE resistance
- 30 wall push-ups

GOALS

- Normal rotator cuff strength
- 30 wall push-ups

MONTHS 3 - 4

- Continue appropriate previous exercises
- Push-up progression – Table to chair
- Ball toss overhead
- Fitter on hands
- Treadmill – Running progression program

GOALS

- 30 chair push-ups
- Run 2 miles at easy pace

MONTHS 4 – 6

- Continue appropriate previous exercises
- Weight training with light resistance (no overhead press or pull downs)
- Gravitron – Pull-ups and dips
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Transition to home / gym program

GOAL

- Return to all activities

****NO CONTACT SPORTS UNTIL 9 MONTHS POST-OP****

SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day



ADAPTED FROM:
Mark Galland, MD Physical Therapy Section
Kenneth Kirby, PT, DPT William Beaumont Army Medical Center