

GARRETT COUNTY ORTHOPAEDICS

311 North 4th Street, Suite #3

Oakland, MD 21550

301-334-1034

Fax: 301-334-3350

Rotator Cuff Repair (1-3 Tendons)

With Biceps Tenodesis

Overall Precautions:

- 1. Large or massive tear progress slowly; pain free ranges of motion only**
- 2. If open repair for revision, longer protection phase for deltoid healing (7-8 weeks in sling or until cleared by surgeon)**
- 3. See appendix for general shoulder progressions**

Week 1-2

Immobilizer with abductor pillow x 6 weeks – Even while sleeping

Place pillow under shoulder / arm while sleeping for comfort

Hand squeezing exercises

NO ACTIVE BICEPS EXERCISES OR LIFTING(ELBOW FLEXION OR SUPINATION)

UNTIL 6 WEEKS POST-OP. MAY DO GENTLE PASSIVE ELBOW MOTION

NO ACTIVE SHOULDER FLEXION, ER, EXTENSION, OR ABDUCTION FOR 6 WEEKS

Supported/sling pendulum exercises

Shoulder shrugs / scapular retraction without resistance

PROM

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to neutral (0 degrees)

Active assist motion (AAROM) flexion, abd, ER to neutral only supine w/ wand or opposite hand

Gentle "2 finger" isometrics flexion, adduction, extension, abduction (**NO rotation**)

Stationary bike (must wear immobilizer)

Ice pack

Goals

Pain control

Abd/flexion to 90 degrees, ER to neutral

Weeks 3 – 4

Continue immobilizer x 6 weeks

Continue appropriate previous exercises

Full pendulum exercises

AAROM/PROM by therapist:

-Flexion to 120 degrees

-Abduction to 120 degrees

- ER to 20 degrees

Gentle "2 finger" isometrics adding IR and ER (pain free resistance)

Goals

Pain control

Abd/flexion to 120, ER to 20 degrees

Weeks 5 - 6

Immobilizer sling D/C at 6 weeks.

Continue all previous exercises and therapist assisted PROM

Shoulder AAROM –

Flexion and Abduction 150 degrees (pulleys, supine wand, etc)

– ER as tolerated (wand, doorway stretch, towel, etc)

– IR as tolerated **if no subscapularis repair** (wand, towel, etc)

Continue x6 direction isometrics

Goal – AAROM Flexion and Abduction to 150 degrees

ER within 10 deg or uninjured

Weeks 6 – 9

D/C Immobilizer

Continue appropriate previous exercises

All AROM, AAROM through full range of motion

UBE light fwd/bwd (3 x 1 min sets, progress gradually)

Progressive shoulder strengthening light resistance with high repetition in pain free ROM

- IR and ER with arm at side

- Flexion/scaption to 90 deg

Prone rows with light Theraband

Prone scapular stabilization exercises (without weights)

Supine “ceiling punches”

Biceps and Triceps PREs with light weight

Treadmill – Walking progression program

Aerobic conditioning Bike

Pool walking / running – No overhead strokes in pool

Goal –

Full AROM

Weeks 9-12

Continue appropriate previous exercises

PROM / mobilization as needed to regain full ROM

Progressive shoulder strengthening; increased resistance as tolerated

Rows progressing resistance

Body Blade

Ball on wall (arcs, abc's)

BAPS on hands

Ball toss with arm at side using light ball

Push-up progression against wall

Elliptical trainer

Pool therapy – With UE resistance

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

Quadruped stabilization (foam, thera ball walk outs)

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)

Push-ups full BW

Sit-ups with hands behind head

Swimming

Running progression to Track

Transition to home/gym program

Goals

Return to all activities

No contact sports until >9mo post op

Todd W. Feathers, MD
Orthopaedic Surgeon



ROTATOR CUFF REPAIR REHABILITATION GUIDELINES

APPENDIX

APPENDIX: GENERAL SHOULDER PROGRESSIONS

The following is a supplement to the rehabilitation guidelines on various types of shoulder exercises. It is not an all-inclusive list, but provides ideas for gradually progressing a patient through rehabilitation
 In general, beginning level shoulder exercises are performed with light resistance in a ROM below 90° of shoulder elevation. Intermediate level exercises are done with moderate resistance in a ROM below 120°. Advanced level exercises are done with moderate resistance in a full ROM, but avoiding the 90° abducted, 90° externally rotated position until ~5-6 months post-op. All training should be pain free.

Exercise Type	Beginning Level ~7-10 weeks post-op	Intermediate Level ~9-18 weeks post-op	Advanced Level ~16-26 weeks post-op
Body Blade	Flexion/Extension IR/ER Superior/Inferior (arm at side)	FF range to 90° Scaption to 90° IR/ER through ROM Horiz adb/add at 90°	FF range to 150° Scaption to 150° IR/ER through ROM Diagonal motions
Ball toss	Chest pass – 2 handed IR toss – (arm at side)	Overhead toss – (2 handed) Behind back toss	Overhead diagonal toss – (2 handed) Regular throwing toss
Prone stabilization	Weight shifting in sitting, standing, prone on all fours	All fours stabilization on stable surface	All fours stabilization on foam or theraball
Supine stabilization	Supine Shoulder Stabilization @ 90°	Supine Shoulder Stabilization from 60-120°	Supine Shoulder Stabilization (Available ROM)
Cuff strengthening	ER/IR – (arm at side) FF/Scaption to 60-90° (Thumb up)	ER/IR - (30-45° shld scaption) FF/Scaption to 90-120° (Thumb up)	ER/IR- (45-90°shld scaption) – gradually moving into abd PNF patterns
Scapular strengthening	Ceiling “punches” Rows	“Pushouts” (in standing) Rows (inferior/superior)	Pushup plus
Pushups	none	Wall pushups – progressing to inclined pushups	Knee pushups – progressing to modified regular pushups
Misc activities	Basketball: dribbling, chest and bounce pass Golf: putting Volleyball: bumping Pool: jogging, treading Wall ball drawing	Basketball: shooting within the key only Golf: chipping, short irons Volleyball: setting Pool: No overhead strokes Tossing Frisbee Catching drills: below 90°	Basketball: noncontact drills only Golf: gradual return Vball: gradual return ~6 mo Pool: gradual return Forehand, backhand racquet sports (no overhead)