



UNIVERSITY ORTHOPAEDIC CENTER, P.A.

**Rotator Cuff Repair**

Dr. Longobardi

<u>TIMELINE</u>	<u>CLINICAL INTERVENTION</u>	<u>REHAB SPECIFICATIONS</u>	<u>PT Rx</u>
0-2 Weeks	<p><b>Manual Therapy:</b> PROM only: <b>avoid excessive ER</b></p> <p><b>Ther Ex:</b> Pendulums Pulley Passive flexion w/ uninvolved arm Scapular elevation and retraction Elbow, wrist, hand ROM and light PRE's as tolerated.</p> <p><b>Modalities:</b> Heat/ice</p>	<p><b>ROM Goals:</b> <b>Flexion:</b> 0 to 90 degrees <b>Abduction:</b> 0 to 90 degrees <b>External Rotation:</b> 0 to 30-40 degrees</p> <p><b>Patient Education:</b> Continue sling and/or immobilizer, and/or abduction pillow Instruct in home exercise program (HEP) including use of heat/ice</p>	2-3x/week
2-4 Weeks	<p><b>Manual Therapy:</b> Continue as above</p> <p><b>Ther Ex:</b> Continue as above</p> <p><b>Modalities:</b> E-Stim for Mm re-education of parascapular and Deltoid Mm.</p>	<p><b>ROM Goals:</b> <b>Progress ROM as tolerated (avoiding pain)</b> Achieve <b>full PROM</b> by 4-6 weeks</p> <p><b>Patient Education:</b> Continue joint protection w/ sling, immobilizer, etc Home E-Stim for Mm re-education if appropriate.</p>	2-3x/week
4-6 Weeks	<p><b>Manual Therapy:</b> Continue as per MD orders</p> <p><b>Ther Ex:</b> AAROM all planes: <b>avoid excessive IR</b> Wall climb Wand May begin aquatics if available</p>	<p><b>Rehab Principles:</b> Patients can begin AAROM Some patients may require continued PROM only, as directed by MD</p>	2-3x/week



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6-8 Weeks	<p><b>Manual Therapy:</b> Continue prn as per MD orders Scapular mobs prn</p> <p><b>Ther Ex:</b> A/AROM in all planes Isometrics: sub-max and progress to..... AROM and light PRE's as tolerated T-Band as tolerated Scapular strengthening / stabilization via open/closed chain techniques. Continue aquatics w/ emphasis on strengthening</p>	<p><b>Rehab Principles:</b> Goal of <b>full PROM</b> should be <b>reached</b> on all pts A/AROM Initiate gentle strengthening <b>Monitor/educate proper mechanics</b></p> <ol style="list-style-type: none"> <li>1. avoid hiking</li> <li>2. avoid impingement</li> <li>3. encourage scapular depression</li> </ol>	2-3x/week
8-12 Weeks	<p><b>Ther Ex:</b> Isotonic UE/LE exercises for gross strengthening Progressive T-Band Progress all PRE's</p>	<p>Continue strengthening and progress toward more sports, recreational or work related activities. <b>Monitor/educate proper mechanics</b></p>	2x/week
12-16 Weeks	<p><b>Ther Ex:</b> Continue gross strengthening in clinic or DC to HEP</p>	<p>Prepare pt for DC. Consider <b>FCE / Work Conditioning</b>. Ensure pt has good understanding of comprehensive HEP which is performed w/ correct technique.</p>	1-2x/week