



ROTATOR CUFF REPAIR WITH / WITHOUT PATCH Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Rotator Cuff Repair

_____ Evaluate and Treat _____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

WITH MASSIVE CUFFS START FORMAL PT AFTER FIRST POST-OP

Associated Procedure:

_____ If Distal Clavicle Resection was also performed, avoid cross-body adduction x 8 weeks

_____ If Biceps Tenodesis was also performed, avoid resisted elbow flexion x 4 weeks

_____ **Phase I: (0 - 6 Weeks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Passive shoulder ROM only (ie. NO active ROM). No cuff strengthening until after 3 months.*

PLEASE NOTE:

- NO shoulder extension or combined extension/abduction.
- NO UBE or Body Blade.

Weeks 0-1:

- Sling at all times (except for hygiene and pendulums); pillow behind elbow at night to prevent extension.
- Home exercises (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-6:

- Sling at all times (except for hygiene and PT); pillow behind elbow at night to prevent extension.
- **ROM: PASSIVE ROM ONLY:** forward elevation, ER with arm at side, abduction without rotation, as tolerated.
 - Goals by 6 weeks: flex 140°, ER @ side 40°, abduction max 60-80° without rotation.
 - Heat before, ice after.
- **Strengthening:** NONE except grip strengthening.

_____ **Phase II: (6 - 12 Weeks): Transition to active motion and protected strengthening.**

STILL NO SHOULDER EXTENSION OR COMBINED EXTENSION/ABDUCTION. NO UBE or BODY BLADE

- D/C sling if cleared by MD.
- **ROM:** Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
 - Goals: full motion by 12 weeks.
- **Strengthening:**
 - Begin periscapular, pec/latissimus/trapezius isometrics with arms below shoulder level @ 6 weeks.
 - @ 8 weeks, begin deltoid and cuff isometrics with arm at the side.
 - **No resisted shoulder motions until after 12 weeks.**

_____ **Phase III: (3 - 9 months): Begin gentle cuff strengthening and progress to sport-specific/occupation-specific rehab.**

- **ROM:** Passive stretching at end ranges if full motion not achieved. Advance to full active ROM as tolerated.
- **Strengthening/Activities:**
 - @ 3 months.
 - Advance as tolerated from isometrics → bands → light weights (1-5 lbs) w/ 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*).
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*).
 - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning.
- **Throwing:**
 - @ 6 months, if full-strength return to light tossing.
 - @ 9 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.).
- **Work:**
 - Overhead work without lifting is usually possible @ 6 months.
 - Can resume heavy labor once full-strength achieved (usually by 9-12 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____

Date: _____