

Small- Medium Rotator Cuff Repair Protocol (< 2 cm)
Twin Cities Orthopedics
Dr. Mair

WEEKS 0-4

Patient to wear sling continuously for 4 weeks. Sling may be removed for exercises, showering and dressing.

ROM

- AROM of elbow, wrist and hand (If biceps tenodesis, avoid active elbow flexion and forearm supination until 4 weeks postop)
- PROM (flexion to tolerance in pain-free ROM, ER/IR in scapular plane in pain-free ROM)

EXERCISES

- Scapular retractions
- Codman's
- Hand gripping
- Soft tissue mobilizations as needed
- Assessory joint mobilizations as needed
- Submaximal, painfree isometrics (If biceps tenodesis, avoid shoulder and elbow flexion)
 - Flexion with elbow bent to 90 degrees
 - ER/IR
 - Elbow flexors

GOALS

- Maintain integrity of repair
- Diminish pain and inflammation
- Prevent muscular inhibition

PRECAUTIONS

- No lifting of objects
- No excessive shoulder extension
- No excessive stretching or sudden movements
- No supporting of body weight by hands
- Keep incision clean and dry

WEEK 4-6

ROM

- Continue PROM as necessary to achieve full ROM
- Advance to AAROM (wand, pulleys, table slides)
- May initiate active elbow flexion and supination if biceps tenodesis

EXERCISES

- Initiate scapular stabilization exercises (prone extension, horizontal abduction and row to neutral)
- Rhythmic stabilization exercises
- Isotonic elbow flexion
- Continue joint mobilizations to restore movement and provide joint hydration and nutrition
- Continue submaximal, painfree isometrics

GOALS

- Gradually restore full PROM
- Do not overstress healing tissue
- Re-establish dynamic shoulder stability
- Decrease pain and inflammation

PRECAUTIONS

- No lifting of heavy objects
- No excessive behind the back movements
- No supporting of body weight by hands and arms
- No sudden jerking motions

WEEK 6-8

ROM

- Continue PROM as necessary to achieve full ROM
- AROM with scapular stabilization
- Light passive stretching at end ranges

EXERCISES

- Core strengthening exercises
- May add resisted elbow flexion and forearm supination if biceps tenodesis as long as AROM is non-painful
- Progress scapular stabilization exercises
- Continue rhythmic stabilization

GOALS

- Maintain full PROM
- Dynamic shoulder stability
- Painless AROM

WEEK 8-10

EXERCISES

- Initiate rotator cuff strengthening with no weight, high reps
- Proprioceptive/stability training

WEEKS 10 PLUS**EXERCISES**

- Initiate PRE's (light weight, high reps) (pt. must be able to elevate arm without shoulder or scapular hiking before initiating isotonic)
- Aerobic conditioning
- Core stabilization exercises in standing to prepare for RTW or sport and ADL's
- Progress strengthening program (increase 1 lb/10 days if non-painful)
- Passive capsular stretching at end ranges especially cross body adduction and IR to stretch posterior capsule as needed
- Progressive systematic interval program for return to sports starting around week 20

PRECAUTIONS

- Strengthening daily, when up to 3 pounds decrease to 3x/week to avoid rotator cuff tendonitis

GOALS

- Full AROM
- 90% strength per MMT
- Able to perform 10 min. of UBE without shoulder pain
- Return to strenuous work and sport week 23-36

This protocol provides the rehabilitation specialist with general guidelines for the rehabilitation of the patient undergoing a small-medium RCR.

Questions regarding the progress of specific patient are encouraged and should be directed to 952 442-8201 or to rehabprotocols@tcomn.com.