

## **Dr. LaFrance Small / Medium Rotator Cuff Repair Protocol**

### **1. Acute Protective Phase: 0-2 weeks post-operative**

#### **Goals:**

- Pain under control with use of medication, ice, and sling
- Maintain integrity of repair
- Supple PROM as tolerated to attain flexion-90, ABD-90, IR-40, ER-45 (rotation at 0 ABD)
- Initiate sub-maximal isometrics for scapular retraction/depression

#### **Contraindications/Precautions:**

- Avoid shoulder AROM or aggressive stretching
- No lifting, sudden movements, or supporting of body weight with hand
- Wear sling as recommended by physician. Remove for rehab or bathing
- Keep incision clean/dry pending physician follow-up and suture removal

#### **Rehab to include:**

- Shoulder PROM in clinic and at home for flexion, ABD, IR, ER (rotation 0-45 ABD)
- Joint mobilization grade I-II glenohumeral and scapulothoracic
- Pendulum exercise
- AROM hand/wrist/elbow
- RROM hand/wrist
- Submaximal isometrics for scapular retraction/depression
- Pain modalities

### **2. Subacute Phase: 2-6 weeks post-operative**

#### **Goals:**

- Minimize pain
- Allow for soft tissue healing
- Supple PROM as tolerated to attain flexion-120, ABD-120, IR-50, ER-70 (rotation at 45 ABD)
- Improved neuromuscular control and volitional activation of

periscapular muscles

**Contraindications/Precautions:**

- No shoulder AROM until 6 weeks, no RTC RROM until 8 weeks
- No lifting, sudden movements or supporting of body weight with hand
- Wear sling as recommended by physician. Remove for rehab or bathing

**Rehab to include:**

- Shoulder PROM flexion, ABD, IR, ER (rotation 0-45 ABD)
- Joint mobilization grade I-III glenohumeral and scapulothoracic
- AROM/RROM hand, wrist, elbow
- AAROM shoulder flexion, ABD, IR, ER, to tolerance of pt (rotation 0-45 ABD)
- Flexibility apley IR
- Isometric scapular retraction/depression

**3. Intermediate Phase: 6-8 weeks post-operative**

Discontinue sling at 6 week follow up with Dr. LaFrance

**Goals:**

- Painless full supple PROM flexion-180, ABD-180, IR-90, ER-90 (rotation at 90 ABD)
- Painless full AAROM/AROM flexion-180, ABD-180, IR-70, ER-90 (rotation at 90 ABD) apley IR T10

**Contraindications/precautions:**

- No shoulder RROM until 8 weeks
- No lifting objects

**Rehab to include:**

- RROM hand, wrist
- Continue with persiscapular isometrics
- Initiation of sub-maximal shoulder isometric IR/ER/ABD/Flex/Ext in GH neutral
- Initiate shoulder AROM all planes starting in gravity lessened positions and progress against gravity as tolerated without pain

**4. Initial Strengthening Phase:8-12 weeks**

**Goals:**

- Maintain full AROM

-4+/5 RC, scap stabilizers

**Contraindications/Precautions:**

-No heavy lifting especially above shoulder level

**Rehab to include:**

- RRROM rotator cuff shoulder flexion, ABD, IR/ER, scaption
- Endurance training (UBE)
- Scapular stabilization RROM and progress rhythmic stabilization

**5. Advanced Functional Strength Phase: 12 weeks-on**

**Goals:**

- Strengthen and further stabilize RC and scap stabilizers
- Independent long-term HEP
- Return to normal function and sports activities

**Rehab to include:**

- Aggressive RROM Rotator cuff and periscapular strengthening progressing to functional positions
- Plyometrics progression
- Sport specific, work specific training