

Dr. LaFrance Large/Massive Rotator Cuff Repair Protocol/Guidelines

Acute Protective Phase:0-2 weeks post operative

Goals:

1. Pain under control with use of medication, ice, sling
2. Maintain integrity of repair
3. Supple PROM flexion-90, ABD-90, IR-45, ER-45 (rotation 0 at ABD)

Contraindications/Precautions:

1. No shoulder AROM or aggressive stretching
2. No lifting, sudden movements, or supporting of body weight with hand
3. Wear sling as recommended by physician. Remove for rehab only
4. Keep incision clean and dry

Rehab to Include:

1. Shoulder PROM in clinic and at home for flexion, ABD, IR, ER (rotation 0-45 ABD)
2. Joint mobilization grade I-II glenohumeral and scapulothoracic
3. Pendulum exercise
4. AROM hand/wrist/elbow
5. Isometric scapular retraction and depression
6. Pain modalities

Subacute Phase: 2-8 weeks post-operative

Goals:

1. Minimize pain
2. Allow for soft tissue healing
3. Supple PROM flexion-120, ABD-120, IR-50, ER-70 (rotation 0-45 ABD)

Contraindications/Precautions:

1. No shoulder AROM
2. No lifting, sudden movements, or supporting body weight on hand
3. Wear sling as recommended by physician. Remove for rehab only

4. May begin AAROM (use of ipsilateral arm to assist in movement per M.D.)

Rehab to include:

1. Shoulder PROM flexion, ABD, IR, ER, (rotation 0-45 ABD)
2. Joint mobilization grade I-III glenohumeral and scapulothoracic
3. AROM/PROM hand, wrist, elbow
4. AAROM shoulder flexion, ABD, IR, ER to tolerance of pt (rotation 0-45 ABD)
5. Flexibility Apley IR
6. Submaximal isometric scapular retraction/depression

Intermediate Phase: 8-10 weeks post-operative

Discontinue use of sling at 8 weeks post op.

Goals:

1. Painless full supple PROM flexion-180, ABD-180, IR-90, ER-90 (rotation at 90 ABD)
2. Full AROM

Rehab to include:

1. Continue AAROM, flexibility PRN
2. Jt. Mobs Gr I-IV G-H
3. AROM shoulder flexion, ABD, IR, ER to tolerance beginning in gravity lessened positions then progressing against gravity as tolerated
4. RROM hand, wrist, elbow
5. Isometric scapular retractions/depressions
6. Initiation of sub-maximal shoulder isometric IR/ER/ABD/Flex/Ext in GH neutral

Contraindications/Precautions:

1. No RROM RC
2. No lifting objects

Strengthening Phase: 10-15 weeks

Goals:

1. Maintain full AROM
2. 4+/5 RC scap stabilizers

Contraindications/Precautions:

1. No heavy lifting especially above shoulder level

Rehab to include:

1. RROM rotator cuff shoulder flexion, ABD, IR/ER
2. Endurance training (UBE)
3. Scapular stabilization RROM

Advanced Functional Strength Phase: 16 weeks-on

Goals:

1. 5/5 RC scap stabilizer strength
2. Independent long term HEP
3. Return to normal function and sports activities

Rehab to include:

1. Aggressive RROM rotator cuff progressing to functional positions
2. Plyometrics
3. Sports specific, work specific training