

**Rotator Cuff Repair
Dr. Staiger**

Time Frame	Treatment	Goals
Phase I Post-Op Day	<ul style="list-style-type: none"> Consider wound healing, pain/edema control, pain free ROM, and cryotherapy Dressing change Instruction on signs/symptoms of infection Remove pain pump (per Dr) Instruct pendulums, fist pumps, elbow ROM, scapular retraction and shoulder shrugs 	<ul style="list-style-type: none"> Independence in HEP of fist pumps, elbow ROM, pendulums, shoulder shrugs, and cryotherapy
Phase II 0-6 Weeks	<ul style="list-style-type: none"> ROM exercises 4-6 weeks (depending on ROM) Continue pendulum HEP AAROM initiate at 4-6 weeks Core strengthening 	<ul style="list-style-type: none"> Progression of HEP Continue scapular stabilization
Phase III 6-12 Weeks	<ul style="list-style-type: none"> DC Slingshot 3 Continue HEP Begin AROM of the shoulder (6 weeks) ROM all planes (subscap repair 8 weeks) 8-12 weeks strengthening program max 3 pounds Large (+)- strengthening 10-12 weeks 	<ul style="list-style-type: none"> Full ROM all planes at 10-12 weeks Independent PREs at 10-12 weeks
Phase IV 12-16 Weeks	<ul style="list-style-type: none"> Continue with strengthening program Progress to in clinic strengthening as tolerated for shoulder, elbow, and scapular stabilization OKC and CKC strengthening 	<ul style="list-style-type: none"> Continued independent PREs progressing to full ROM Progress to 4-5/5 strength
Phase V 4+ Months	<ul style="list-style-type: none"> In clinic strengthening as indicated Progression to health club/HEP Shoulder/scapular stabilization exercises Frequency of visits = PRN 	<ul style="list-style-type: none"> Return to activity as tolerated