

Rotator Cuff Repair

Dr. Erickson

Massive or revision repairs delay precautions by an additional 2 week.

Time Frame	Treatment	Goals
Phase I: 0-2 weeks following surgery	<ul style="list-style-type: none"> • Instruction in signs and symptoms of infection, and cryotherapy. • Sling for 6 weeks continuously except for rehab and hygiene care. Can begin to wean following the 6 weeks. • No AROM or lifting/supporting body weight with hands. • Exercises: Elbow, wrist, neck AROM, Ball squeezes, Shoulder shrugs/ scapular squeezes • Do not initiate Codman's until 2 weeks after surgery. 	<ul style="list-style-type: none"> • Protect the repair and promote optimal healing. • Independent in HEP • Independent in cryotherapy • Independent in donning and doffing of sling for hygiene and PT.
Phase II (2-8 weeks after surgery)	<ul style="list-style-type: none"> • No active abduction for 8 weeks to protect repair • No resistance training in abduction or supraspinatus plane for 12 weeks post-surgery. • Exercises: PROM → AAROM flexion and ER toward full, scapular and trap work with light resistance. 	
Phase III (8-12 weeks)	<ul style="list-style-type: none"> • No active abduction for 8 weeks to protect repair • No resistance training in abduction or supraspinatus plane for 12 weeks post-surgery. 	<ul style="list-style-type: none"> • Progress PROM and AAROM to full ROM
Phase IV (12-24 weeks after surgery)	<ul style="list-style-type: none"> • Gradually restore shoulder strength, power and endurance. • Lifting only light resistance with a long lever arm. • No sudden lifting, jerking or pushing 	<ul style="list-style-type: none"> • Return to full activity