

Rotator Cuff Repair – Accelerated Protocol

Dr. Green

*Accelerated protocol will be determined per MD surgical report

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change -Instruct in signs/symptoms of infection -Cryotherapy -E-stim for swelling/pain if needed <p>HEP: scapular retraction, elbow ROM, fist pumps, pendulum exercises</p>	<ul style="list-style-type: none"> -Independent in HEP -Independent in cryotherapy -Home e-stim unit if needed
Phase I 0-4 weeks	<p>Frequency: 1-3x/week</p> <ul style="list-style-type: none"> -Immobilizer with abd pillow for 3 weeks, followed by sling for 1 week -Gentle PROM into flexion and scaption only for 1-2 weeks -AAROM may be initiated at 2-3 weeks (pulleys, wand) -Gentle PROM in abduction, IR, and ER begins at 2-3 weeks 	<ul style="list-style-type: none"> -Continue HEP -Progression of HEP as tolerated
Phase II 4-12 weeks	<p>Frequency: 1-2x/week until full ROM/strength</p> <ul style="list-style-type: none"> -DC sling at 4 weeks -PROM, AROM in all directions at 4 weeks -Instruction in PREs at 6-8 weeks, progressing to in-clinic strengthening as tolerated for shoulder/elbow and scapular stabilizers 	<ul style="list-style-type: none"> -Full flexion/scaption at 6 weeks -Full/WNL ROM in all directions by 8-10 weeks -Independent in PRE's by 8 weeks -Strength progressed as tolerated in clinic