



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Rotator Cuff Tendon Repair: Small/Medium Tear Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 1-2 Weeks Post-op

Range of Motion

- No PROM of shoulder for first 2 weeks
- ROM as tolerated for elbow, wrist and hand
- For Biceps Tenodesis: No Active elbow flexion until 3 weeks (AAROM ok)

Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- NO Pendulums
- Cervical ROM
- Begin scapula musculature isometrics/sets
- Elbow, wrist, hand ROM
- Ball squeezes
- For Biceps Tenodesis: No Active elbow flexion until 3 weeks (AAROM ok)

Phase II: 2-4 Weeks Post-op

Range of Motion

- Passive Forward Elevation (PFE): 60 degrees
- Passive External Rotation (PER) at 20° of abduction: 0°
- PER at 90° of abd: N/A
- Active Forward Elevation (AFE): N/A

Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Codman's Pendulums
- Therapist assisted Forward Elevation
- Supine passive ER stretches with broom handle
- Table slides
- Continue scapula musculature isometrics/sets
- Elbow, wrist, hand ROM
- Ball squeezes
- For Biceps Tenodesis: No Active elbow flexion until 3 weeks (AAROM ok)

Phase III: 4-6 Weeks Post-op

Range of Motion

- PFE: 90°
- PER at 20° of abd: 20°
- PER at 90° of abd: N/A
- AFE: N/A

Sling

- Continue use of sling until end of Week 5
- Between Week 5 and 6 may wear sling for comfort only
- Discontinue sling at end of Week 6

Therapeutic Exercise

- Continue Phase I and II exercises
- Supine AAROM
- Pulley exercises

- Light scapular strengthening (retraction/protraction), shoulder shrugs, scapular setting
- Gentle joint mobilization and soft tissue mobilization

Phase IV: 6-12 Weeks Post-op

Range of Motion

6 WEEKS

- PFE: 90° - 120°
- PER at 20° of abd: 20° - 30°
- PER at 90° of abd: N/A
- AFE: N/A

9 WEEKS

- PFE: 130° - 155°
- PER at 20° of abd: 30° - 45°
- PER at 90° of abd: 45°-60°
- AFE: 80°-120°

12 WEEKS

- PFE: 140° - WNL
- PER at 20° of abd: 30° - WNL
- PER at 90° of abd: 75° - WNL
- AFE: 120°-WNL

Sling

- None

Therapeutic Exercise

- Stretching, mobs, ROM exercises
- NO ROTATOR CUFF RESISTANCE EXERCISES
- Progress supine to seated to standing AAROM
- Progress pool based AAROM if available
- Begin unrestricted AROM against gravity at 9 weeks
- Towel Slide or horizontal dusting
- AAROM supine washcloth press-up
- AROM supine press-up
- Side-lying supported active elevation (on box or exercise ball)
- AROM reclined wedge press-up
- Supine elastic band Forward Elevation
- Aquatic Forward Elevation at slow speed

Phase V: 8-16 Weeks Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Begin light Theraband resistance exercises for the rotator cuff
- AROM or Resisted Pully Forward Elevation
- Incline Dusting
- Ball roll on wall
- FE with upright T-bar
- AAROM elevation
- Upright T-bar AAROM FE, active lowering
- Upright active FE with no weight
- Upright active FE 1 lbs.
- Aquatic FE fast speed
- Side-lying dumbbell ER at 0°, resistance of 25% of MVIC
- Elastic resistance ER, IR, and forward punch
- Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids
- Progress with Theraband exercises slowly to tolerance
- Begin to add sport and job specific activities

Phase VI: 12-20 Weeks Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Endurance
- High, middle, and low scapular rows
- Standing dumbbell ER at 0° abd, 10-rep max
- Standing dumbbell ER in scapular plane, 10-rep max
- Elastic resistance shoulder flexion
- Elastic resistance throwing accelerate
- Elastic IR at 90°

Phase VII: 20+ Weeks Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Strengthening
- Upright FE 3-4lb, 10-rep max
- Side-lying dumbbell ER at 0°, 10-rep max
- Prone horizontal abd, 10-rep max
- Seated military press
- Elastic resistance ER at 90°
- Elastic resistance throwing decelerate
- Standing dumbbell ER at 90° abd, 10-rep max
- If cleared by Dr. Jaglowski, may now be able to return to: Weight Training, Skiing. Golf. Basketball, Manual Labor

Phase VIII: 8+ Months Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- If cleared by Dr. Jaglowski, may now be able to return to: Throwing Sports, Tennis, Volleyball