





# **ROTATOR CUFF REPAIR WITH / WITHOUT PATCH**

### PHYSICAL THERAPY PROTOCOL

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Patient Name:	Date of Surgery:
Procedure	e: Right / Left Rotator Cuff Repair
Evaluate and Treat	Provide patient with home program
Frequency:	_x/week xweeks

#### WITH MASSIVE CUFFS START FORMAL PT AFTER FIRST POST-OP

## **Associated Procedure:**

- -If Distal Clavicle Resection was also performed, avoid cross-body adduction x 8 wks
- -If Biceps Tenodesis was also performed, avoid resisted elbow flexion x 4 wks

\_\_\_ Phase I (0-6 wks): Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Passive shoulder ROM only (ie. NO active ROM). No cuff strengthening until after 3 months.

**PLEASE NOTE:** 





- NO shoulder extension or combined extension/abduction
- NO UBE or Body Blade

#### **Weeks 0-1:**

- Sling at all times (except for hygiene and pendulums); pillow behind elbow at night to prevent extension.
- Home exercises (pendulums, elbow + wrist ROM, grip strengthening).

#### **Weeks 1-6:**

- Sling at all times (except for hygiene and PT); pillow behind elbow at night to prevent extension.
- <u>ROM</u>: PASSIVE ROM ONLY: forward elevation, ER with arm at side, abduction without rotation, as tolerated.
  - o Goals by 6 wks: fflex 140 deg, ER @ side 40 deg, abduction max 60-80 deg without rotation. Heat before, ice after.
- Strengthening: NONE except grip strengthening.

# \_Phase II (6-12 wks): Transition to active motion and protected strengthening. <u>STILL NO SHOULDER EXTENSION OR COMBINED EXTENSION/ABDUCTION.</u> NO UBE or BODY BLADE

- D/C sling if cleared by MD
- <u>ROM</u>: Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
  - o Goals: full motion by 12 weeks.
- Strengthening:
  - o Begin periscapular, pec/latissimus/trapezius isometrics with arms below shoulder level @ 6wks.
  - o @ 8 wks, begin deltoid and cuff isometrics with arm at the side.
  - o No resisted shoulder motions until after 12 wks.

\_Phase III (3-9 months): Begin gentle cuff strengthening and progress to sport-specific/occupation-specific rehab.

- <u>ROM</u>: Passive stretching at end ranges if full motion not achieved. Advance to full active ROM as tolerated.
- Strengthening/Activities:
  - o @ 3 months
    - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/ 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (Only do this 3x/wk to avoid cuff tendonitis)
    - Begin eccentrically resisted motions, plyometrics (weighted ball toss), proprioception (body blade)
    - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning





- <u>Throwing</u>:
  - o @ 6 months, if full-strength return to light tossing
    - @ 9 months, throw from the pitcher's mound and/or return to collision sports (hockey, football, etc.)
- Work:
  - o Overhead work without lifting is usually possible @ 6 months
  - Can resume heavy labor once full-strength achieved (usually by 9-12 months)

By signing this referral, I certify that I have examined this patient and physical thera medically necessary. This patient wouldwould not benefit from social services.	
	Date:
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Bryan M. Saltzman, MD