
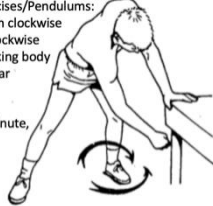



ROTATOR CUFF REPAIR + SUBSCAPULARIS REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
 Please contact office for renewal as needed

<p>Days 0-7</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> </div> <div style="width: 30%;"> <p>Codman's Exercises/Pendulums: Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  </div> <div style="width: 30%;"> <p>Elbow flexion and extension:</p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> </div> </div> <ul style="list-style-type: none"> • 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day • Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal hygiene)
<p>Weeks 1-6</p>	<ul style="list-style-type: none"> • True PROM only! The rotator cuff tendon is healing back to the bone • ROM goals: 90° FF / 0° ER at side; ABD max 60° without rotation • Grip strengthening • Table slides • Heat before PT / Ice after PT • No resisted motions of the shoulder until 12 weeks post-op! • No canes/pulleys until 6 weeks post-op, because these are active assist exercises
<p>Weeks 6-12</p>	<ul style="list-style-type: none"> • Begin AAROM • Advance to AROM as tolerated • ROM goals: same as above; but can increase as tolerated • Light passive stretching at end ranges • Begin scapular exercises, passive resistance exercise for large muscle groups (pecs/lats/etc.) • Isometrics with arm at side beginning at 8 weeks
<p>Months 3-12</p>	<ul style="list-style-type: none"> • Advance to full ROM as tolerated with passive stretching at end ranges • Advance strengthening as tolerated → bands → light weights (1-5 lbs for 8-12 reps / 2-3 sets for rotator cuff, deltoid and scapular stabilizers) • Only do strengthening 3x/week to avoid rotator cuff tendinitis • Begin eccentrically resisted motions, plyometrics, proprioception • Begin sports-related rehab at 4.5 months, including advanced conditioning • Return to throwing at 6 months, throw from pitcher's mound at 9 months • Collision sports at 9 months; MMI usually at 9-12 months post-op