TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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Rotator Cuff Repair +/- Acromioplasty/Mumford

Phase I: 0 to 2 weeks after surgery

Goals:
1. Protect the rotator cuff repair
2. Ensure wound healing

Activities:

1. Sling: Use your sling all of the time.
2. Use of the affected arm: You may use your hand on the affected arm in front of your body but DO NOT raise your arm or elbow away from your body. It is all right for you to flex your arm at the elbow and wrist ONLY.

Also:
*No Lifting of Objects
*No Excessive Shoulder Extension
*No Excessive Stretching or Sudden Movements
*No Supporting of Body Weight by Hands
***No Strengthening until 12 weeks postop**

3. Showering
You may shower and wash the incision area. To wash under the affected arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position.

Exercise Program: Pendulum exercises as instructed, Scapular retractions, Elbow/Wrist/Hand ROM

ICE:
Days per Week: 7
Times per Day: 4-5x per day for 20 minutes. Protect skin with a T-shirt or cloth.

Criteria for Progression to Phase II: 2 weeks of tendon healing

Phase II: 2 to 6 weeks after surgery

Goals:
1. Protect the rotator cuff repair
2. Regain full **passive** range of motion of the shoulder

Activities
1. Sling: **Continue your sling for a total of 6 weeks**.
2. ***No Strengthening until 12 weeks postop**
3. Use of the operated arm: No lifting your arm away from your body, since this is the action of the tendon that was repaired.
4. Bathing and showering: Continue to follow the instructions from phase one and the instructions above.

Exercise Program
The exercises listed below may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

STRETCHING
Days per week: 5-7
Times per day: 1-3

Stretching
Scapular retraction exercises
Pendulum exercises
Supine Passive External Rotation (Limit to 40 degrees external rotation weeks 4-6)
Standing Passive External Rotation (Limit to 40 degrees external rotation weeks 4-6)
Supine passive arm elevation (Limit to 140 degrees weeks 4-6)
Behind the back internal rotation (Limit to T7-T8 weeks 4-6)
Supine passive external Rotation with Abduction
Passive external rotation @ 90º abduction
Supine Cross-Chest Stretch
Wall slide Stretch
Progress passive range of motion in all planes.
Gentle scapular/glenohumeral joint mobilization to regain full

Criteria for Progression to Phase III: Full PROM on the repaired side with minimal signs of scapular dyskinesis and minimal to no pain. 6 weeks of tendon healing.

Phase III: 6-12 weeks after surgery

Goals:
1. Protect the rotator cuff repair
2. Regain full **active** range of motion

Activities:
Use of the operated arm: You may now safely use the arm for normal daily activities involved with dressing, bathing and self-care. You may raise the arm away from the body; however, you should not raise the arm when carrying objects greater than one pound. Any forceful pushing or pulling activities could disrupt the healing of your surgical repair.
***No Strengthening until 12 weeks postop**

Exercise Program
The exercises below form a list that may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

STRETCHING / ACTIVE MOTION
Days per week: 3
Times per day: 1

Stretching
Pendulum exercises
Supine external Rotation
Standing external Rotation
Supine passive arm elevation
Behind the back internal rotation
Hands-behind-the-head stretch
Supine cross-chest stretch
Sidelying internal rotation stretch
External rotation at 90° abduction stretch
Wall slide Stretch

Active Assist range of motion progressed to active range of motion in all planes:
Side-lying External Rotation
Prone Horizontal Arm Raises "T"
Prone scaption "Y"
Prone extension
Standing forward flexion (scaption)
Sidelying internal rotation stretch
Prone row
Scapulohumeral rhythm exercises
Propriocetion drills

Criteria for Progression to Phase IV: Patient is able to perform active motions at multiple angles with minimal signs of scapular dyskineses. Minimal to no post operative pain.

Phase IV: 12 to 20 weeks after surgery

Goals:
1. Continue to protect the repair by avoiding excessive forceful use of the arm or lifting excessively heavy weights.
2. Restore full shoulder motion
3. Restore full shoulder strength
4. Gradually begin to return to normal activity

Activities:
1. Sports that involve throwing and the use of the arm in the overhead position are the most demanding on the rotator cuff. Your doctor and sports physical therapist will provide you with specific instructions on how and when to return to golf, tennis, and volleyball, swimming and throwing.
2. For people who wish to return to training with weights, you're your doctor will give you guidelines regarding the timing and advice when returning to a weight-training program.
3. The following timetable can be considered as a minimum for return to most activities:

Ski: 6 months
Golf: 6 months
Weight Training: 6 months
Tennis: 6 -8 months
Swimming: 6-8 months
Throwing: 6 months

Before returning safely to your activity, you must have full range of motion, full strength and no swelling or pain. Your doctor or physical therapist will provide you with a specific interval-training program to follow when it is time to return the above activities.

STRETCHING / ACTIVE MOTION / STRENGTHENING
Days per week: 3
Times per day: 1

Stretching
Behind the back internal rotation
Standing External Rotation / Doorway
Wall slide Stretch
Hands-behind-head stretch
Supine Cross-Chest Stretch
Sidelying internal rotation (sleeper stretch)
External rotation at 90° Abduction stretch

Theraband Strengthening
External Rotation

Internal Rotation
Standing Forward Punch
Shoulder Shrug
Dynamic hug
Optional for Overhead Sports:
External rotation at 90°
Internal rotation at 90°
Standing 'T's
Diagonal up
Diagonal down

Dynamic Strengthening
It is recommended that these exercises be started at 1lb and do not exceed 5lb.
Side-lying External Rotation
Prone Horizontal Arm Raises "T"
Prone scaption "Y"
Prone row
Prone extension
Standing Forward Flexion
Standing forward flexion "full-can" exercise
Prone external rotation at 90° abduction "U's
Push-up progression