



Dr. Saunders Rotator Cuff Repair Post-op Protocol

Patient Name: _____ DOB: _____

Surgery Performed: _____

Date of surgery: _____

Week 1:

- Remain in postoperative brace except for self care/bathing and home exercises
- Complete Home Program as directed post-op (elbow, wrist and hand range of motion, shoulder pendulums) at least 3 times per day.

Week 1-6:

- Keep all exercises at PASSIVE range of motion only to avoid compromising the repair site..
- NO RESISTIVE MOTIONS until 12 weeks postoperatively. Avoid lifting or sudden jerking motions, reaching behind your back, or weight bearing. Avoid overstressing healing tissue.
- Pulley exercises will start at 5-6 weeks post-op.
- Continue with the original Home Program and grip strengthening. Apply heat before exercise if needed. Apply ice after exercises if needed.

Week 6-12: Pt is typically weaned from brace by this point

- Formal outpatient therapy typically initiated at this point. (Goals 140 degree FF/40 degree ER at side, ABD 80 degree). Can progress range as tolerated.
- Initiate extremity ergometer
- Begin with AAROM -AROM. Watch for early signs of scapular hiking/shrugging and educate patient on avoidance. Continue to address scapular mechanics.
- Light stretching at end ranges
- Begin joint mobilization to assist patients with limited range. These should include inferior, posterior, anterior glides with long axis traction.
- Begin scapular exercises
- Begin isometrics at side beginning at week 8

Weeks 12-15:

- Advance to full ROM and passive stretch as tolerated
- Advance strengthening in progression. Limit to 3X/week to avoid rotator cuff tendonitis. Emphasize ER strengthening. Resistance limited to 5 pounds unless otherwise noted.
 - Progress to plyometrics (ex weighted ball toss), proprioception (body blade)
- Be sure when progress patient, no residual pain is present following exercises

* Initiate sports related rehab at 4.5 months, including advanced conditioning.

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