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**Betsy M. Nolan, MD**

**Oklahoma Shoulder Center, PLLC**

**725 NW 11th St**

**Oklahoma City, OK 73103**

**405-278-8006**

**Rotator Cuff Repair Post-Operative Protocol**

**Supraspinatus and Infraspinatus Tendon**

**Precautions and 1st day Post-Op**

1. In Sling 4-6 weeks: **Discontinue Sling (**4-6 Weeks) depends on physician order.
2. Abduction pillow: This maintains the tendon in shortened position. However, as the elbow moves closer to the body tension is placed on the repair. Therefore, DO NOT ADDUCT the arm until pillow discharge date for 4-6 week.
3. Hygiene care instructions: Remove dressing and shower after 48 hours.
4. Check the incision for redness, drainage, temperature and cleanliness.
5. Pain Management: (Ice)
6. Sleep instructions: Semi-reclined position, small pillow under posterior shoulder to prevent extension.
7. Elbow: Range of Motion
8. Trapezius and levator stretch
9. Posture education

**\*\*Side to Side Repairs** (Margin Convergence): Due to the nature of the repair to maximize patient function utilize diagonal patterns (i.e. D1/D2). In this type of repair commonly the tendon are sewn together but there is not enough viable tissue or tension to anchor to the bone.

1. Follow Stages and timeframes as indicated.
2. Do Not Force resisted Scap Plan motion aggressively.

**Stage 1 (week 1)**

1. PROM (avoid extension or adduct)
2. Abduction- If any pain avoid position secondary to impingement.
3. Prop elbow level with shoulder when the patient is in supine.
4. Pendulums
5. Sub Maximal isometrics- Push, Pull. IR and adduction (in sling- keep elbow bent to 90 degrees)
6. Continue Elbow ROM
7. Hand Gripping exercises
8. Wrist flexors and extensors PRE’s
9. Elbow flexion and extension Pre’s
10. Ice and pain modalities
11. Neck Stretching
12. Scapular progression-retraction, depression, and protraction (in sling); Sternal lefts (Scap retract) and shoulder dumping (Scap protract and retract).

**Stage 2 (week 2)**

1. PROM to tolerance
2. ER and IR at abduction pillow position
3. Abduction and Flexion in scapular plane
4. Extension to 5-10 degrees
5. Grade 1 and 2 joint mobs- pain reductions.
6. Discontinue Pillow 4-6 weeks depending on the size of the tear, quality of the tissue and amount of retraction, follow doctor’s recommendation.
7. Continue isometrics, Add ER at 2-3 weeks- Sub maximal.
8. Manual isometrics in sitting or standing- push, pull, IR, ER (Only if pain free), and shoulder extension with elbow extended (isometric extension- hold in frontal plane).
9. Continue pain modalities.
10. Continue wrist and elbow PRE’s

**Stage 3 (week 4-8)**

Goals*: Full Passive ROM 6 weeks Post op*

*Decrease pain*

**DC Sling**

1. Continue PROM to tolerance (guidelines – 4 weeks flex and abd 100-110)
2. At 4 weeks start CKC ex (i.e. wobble board, table wash horz abd/add)
3. Wall push up with a plus.
4. At 6 weeks
5. Progress to AAROM ex’s- I-bar/ cane to tolerance and Pulley
6. Continue isometrics, maximal iso’s by 6-8 weeks
7. Sidelying ER/IR NO WEIGHT
8. Begin UBE
9. Modalities for pain control.
10. Continue scapular stabilization program

**Stage 4 (week 8-10)**

1. PROM to end stages
2. AAROM to end stages
   1. Add IR/ ER cane exercises, \*\*\* ER must be pain free
3. Initiate supine and standing AROM to 90 degrees (standing may need to wait until 12 weeks if ordered by physician.
4. Grade 3 joint mob’s for motion assistance.
5. **Avoid scapular compensation with ROM ( trap elevation)**
6. Tubing and or band initiated with **clearance of physician.**
7. Initiate prone clock no weight (avoid impingement).

**Stage 5 (week 10-14)**

*Goal: Full active ROM desired by 12-16 weeks*

1. Initiate rhythmic stabilization at 0 and 45 degrees abd
2. Progress strengthening- band and isotonics
3. Manual ER and Prone rows.

**Stage 6 (week 14-20)**

1. Initiate rhythmic stabilization at 0 and 45 degrees abd
2. Progress isotonics – supra ( full can to 70 degrees)
3. Neuromuscular ex- ball walkouts, RS’s at 90 and above
4. Self/ manual capsular starches
5. Aggressive RTC ex’s:
6. Lateral raises to 90
7. Full can to 90 (resist Scap plane)
8. IR/ER
9. Scapular program
10. Prone rows
11. LE and trunk/ core program maintained as appropriate
12. Ice after exercise

**Stage 7 (week 20-24)**

1. Continue all above exercise
2. Initate return to sport programs
3. DC to HMP
4. Isokinetic program if necessary

Continue flexibility exercises

***DC Goals: Good to normal strength***

***Min-0 pain***

***Return to ADL***