

# **ROTATOR CUFF REPAIR REHABILITATION (Deltoid Splitting Procedure - Type 3 Large Tear)**

## **Phase I - Protection Phase**

### **Weeks 0 - 6**

1. Brace or sling as needed per physician
2. Pedulum / codmans exercises
3. Passive R.O.M. to tolerance
  - Flexion
  - Abduction with neutral rotation no greater than 90°
4. Elbow range of motion
5. Hand gripping exercises
6. Submaximal Isometrics
  - Adductors
  - Abductors and flexion at 2 - 3
  - Internal (External rotation at week 2 - 3 as tolerated)
7. Pulley's - Flexion as tolerated in standing position at 2 - 4 weeks post op
8. Ice with E. Stim for pain and swelling control
9. Gentle A.A.R.O.M. with T-bar at week 6

### **Weeks 6 - 8 (Begin A.A.R.O.M.)**

1. A.A.R.O.M. with T-bar supine with progression to standing position
2. U.B.E. (A.A.R.O.M.)
3. Fingerboard / wall walks
4. Seated table slides
5. Powderboard
6. P.R.O.M.: including external rotation/internal rotation as tolerated (shoulder abducted at 45°)
7. Continue pain modalities
8. Pulley's for internal rotation with extension, flexion

## **Phase II - Intermediate Phase (Weeks 8 - 14)**

### **Goals**

1. Establish full P.R.O.M. by week 8, full A.R.O.M. by week 14
2. Gradually increase strength
3. Decrease pain
4. Restore normal glenohumeral and scapulothoracic rhythm
5. Rotator Cuff Protocol

### **Weeks 8 - 10**

1. Active assisted R.O.M. with T-bar exercises

- Flexion as tolerated
  - External/internal rotation with shoulder abducted at 45° and 90° as tolerated
2. Initiate isotonic strengthening / PRE's
    - Prone scapular stabilization exercises
      - Retraction
      - Retraction with extension
      - Retraction with extension / rowing maneuver
    - Side-lying external rotation
    - Standing
      - Forward flexion to 90° as tolerated
      - Abduction to 90° as tolerated
    - Theraband - all planes below 90° including scapular retraction
    - Zelex Internal Rotation / External Rotation
    - Wall Slides
    - Biceps/triceps/forearm P.R.E.'s
    - Rhythmic stabilization exercises
  3. Pain modalities P.R. N.

### **Weeks 10 - 14**

1. Full R.O.M. desired by weeks 12 - 14 absent of substitution
2. Continue all exercises listed above
3. P.N.F. exercises
4. Modalities P.R. N. for pain relief

### **Phase III - Weeks 15 - 26, Advanced Strengthening Phase**

#### Goals

1. Maintain full non-painful range of motion
2. Improve strength of shoulder
3. Progression to return to functional activities
4. Isokinetic testing, neutral Internal/External range of motion at 180°/second and 300°/second ability