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## Rotator Cuff Repair

Ultra sling for weeks 0-3. Regular sling for weeks 4-6

### **Phase 0 – (QUIET)** Week 0 – 1

Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

### **Phase 1 - (PASSIVE)** Week 2-6

Pendulums to warm-up beginning week 1

Supine External Rotation  $-0^{\circ}$ - $30^{\circ}$  beginning at 2 weeks

Supine Forward Elevation  $-0^{\circ}$ - $90^{\circ}$  beginning at 2 weeks with progression to full PROM by 6 weeks

*\* progress to upright as tolerated with ER and FE*

***No resisted elbow flexion or supination for 10 weeks for biceps tenodesis***

### **Phase 2 - (ACTIVE)** Week 7-9

Pendulums to warm-up.

Active Range of Motion with terminal stretch

Supine External Rotation – after 6 weeks progress GRADUALLY to full

Supine Forward Elevation – after 6 weeks; progress GRADUALLY to full

Begin active biceps

Internal Rotation-Full (begin behind the back)

Begin AROM in supine and progress to upright

### **Phase 3 - (RESISTED)** Week 10

Pendulums to warm up and continue with phase 2.

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs and Biceps curls

### **Weight Training-** Week 12

Keep hands within eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities (below shoulder)

(No Military press, pull-down behind head, or wide grip bench)

### **Initiation of Interval Sport Programs Surgeon Comments:**

Golf 3 months

Tennis 4 months

Ski 3-4 months

Notes:

- Avoid GH rotation above 45 degrees abduction until 3 weeks post op.
- Avoid aggressive internal rotation ROM on large infraspinatus repairs until week 6.
- Patient must wear sling while sleeping unless otherwise noted by MD.
- Sling can and should be removed for physical therapy and HEP.
- Careful use of long lever arm exercises.