

Robert Kollmorgen DO

ROTATOR CUFF REPAIR

Revised August 2017

Post-op Weeks 1-3

Immobilizer with abductor pillow x 6 weeks – Even while sleeping
– Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
PROM by therapist / Active assist motion (AAROM) w/ pulleys or supine w/ wand
– Flexion to 90 degrees
– Abduction to 90 degrees
– ER to within 30 degrees of opposite shoulder
Stationary bike (must wear immobilizer)
Ice pack

Goals

Pain control
AAROM Flexion and Abduction to 90 degrees

Weeks 3 – 6

Continue immobilizer x 6 weeks
Continue appropriate previous exercises
Full pendulum exercises
AAROM – Flexion and Abduction > 90 degrees (pulleys, supine wand)
– ER as tolerated (wand, doorway stretch)
– IR as tolerated **if no subscapularis repair** (wand behind back)
1-2 Finger Isometrics x 6 (fist in box)

Goal – AAROM Flexion and Abduction to 150 degrees

Weeks 6 – 9

D/C Immobilizer
Continue appropriate previous exercises
AROM, AAROM through full range
Light Theraband ex x 6
Standing rows with Theraband
Prone scapular retraction exercises (without weights)
Biceps and Triceps PREs with light weight
UBE forwards and backwards with low resistance
Stairmaster
Treadmill – Walking progression program
Pool walking / running – No UE resistive exercises

Goal – Full AROM

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Weeks 9 – 12

Continue appropriate previous exercises
PROM / mobilization as needed to regain full ROM
Theraband ex with increased resistance as tolerated
Seated row weight machine with light weight
Body Blade
Ball on wall (arcs, alphabet)
BAPS on hands
Ball toss with arm at side using light ball
Push-up progression against wall
Elliptical trainer
Pool therapy – With UE resistance

Goals

Normal rotator cuff strength
30 wall push-ups

Months 3 – 4

Continue appropriate previous exercises
Push-up progression – Table to chair
Ball toss overhead
Fitter on hands
Treadmill – Running progression program

Goals

30 chair push-ups
Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises
Weight training with light resistance (no overhead press or pull downs)
Gravitron – Pull-ups and dips
Push-ups, regular
Sit-ups
Swimming
Running progression to track
Transition to home / gym program

Goals

Return to all activities