



Peachtree Orthopaedic Clinic
PHYSICAL THERAPY PROTOCOL
FOR ROTATOR CUFF REPAIR - LARGE OR MASSIVE CUFF REPAIR

PASSIVE PHASE: 0-6 weeks

- Protection and use:**
- * Sling outdoors and to sleep
 - * Patient may or may not have abduction pillow and exercises may be performed from pillow.
 - * May take arm out of sling indoors, but should protect arm at all time. Do not take shoulder below position it was in while on pillow.
 - * May bring hand to mouth for eating or washing maintaining the elbow at their side.
 - * May place hand pointing straight ahead as on armrest of chair
 - * No active elevation

- Modalities:**
- * Cold pack
 - * Ultrasound to scapular muscles
 - * Effleurage from scapula to shoulder
 - * TENS for pain if needed
 - * May advance to hot packs after sutures removed

- Exercises:**
- * Goal in ROM determined at time of surgery
 - * Passive elevation to _____.
 - * Passive external rotation to _____.
 - * Codman's pendulum exercises
 - * No pulleys
 - * No active assisted exercises including supine arm elevation with stick

ACTIVE PHASE: 6-12 weeks

6-8 WEEKS POSTOP:

- Protection and use:**
- * Discontinue sling
 - * May begin active elevation as tolerated beginning with the weight of the arm.
 - * Patient may or may not have abduction pillow.

- Modalities:**
- * SAME

Exercises:

- * GOAL: Full passive elevation and external rotation
- * Begin active assisted supine elevation with the stick advancing to standing elevation with the stick.
- * Start table or thigh level slides before wall slides
- * Begin internal rotation and extension exercises
- * Light isometrics for muscle re-education.
- * Begin pulley
- * Begin assisted wall slides and external rotation in doorway

8-10 WEEKS POSTOP:

Protection and use: * SAME

Modalities: * SAME

- Exercises:**
- * Begin isometric exercises for strengthening of deltoid and rotator cuff as tolerated.
 - * Continue passive stretching

10-12 WEEKS POSTOP:

- * Advance to resistive exercises as tolerated
- * Minimize pain avoiding recurrent impingement problems.

AFTER 12 WEEKS:

- * Advance to isokinetic exercises

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