

Large - Massive Rotator Cuff Repair

*PT to start 1 week after surgery, but only 1-2 visits to establish & explain rehab plan



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:

- Abduction pillow sling for 4 weeks
*all times except bathing
- Sling without pillow another 4 weeks
*remove only for bathing & during PT

Week 1-4

- No Passive ROM of shoulder
- Elbow, wrist and hand ROM (Active ROM ok as long as no biceps tenodesis was done – if so, then PROM elbow with AROM wrist/hand only)
- Modalities and ice for pain control

Phase I: (Passive)

Week 5-8

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation to full ROM
- Supine Forward Elevation to full ROM
- No Active shoulder flexion or abduction
- Supination/Pronation
- ***Continue to sleep in Sling
- ***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling

Phase II:
(Active/Assistive)

Week 9-12

- Pendulums to warm-up
- Active Assistive Range of Motion with Passive Stretch to prescribed limits.
- Supine-Seated External Rotation - Full
- Supine-Seated Forward Elevation - Full
- Start Internal ROM
- AAROM: Pully; Doorway ER
- Wall Washes
- Scapular Pinches
- ***Modalities PRN

Phase III:
(Resisted)

Week 13-16

- Pendulums to warm up and continue with phase
- UBE
- External and Internal Rotation
- Scaption
- Serratus Punches (supine/standing)
- Standing forward punch
- Standing rows

		<ul style="list-style-type: none"> • Bicep Curls • Prone Jobst • Side Lying ER • ***No Empty Can
Weight Training:	Week 16	<ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities • Weight Training: Very light weight with higher repetitions and advance as tolerated
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	5-6 months	Golf, Tennis