

**Rotator Cuff Tendon Repair
Dr. Beuerlein**

PHYSIOTHERAPY PRESCRIPTION:

2 - 4 WEEKS (M.D. visit at 2 weeks)

Protection: In a sling unless showering. Remove sling at 2 weeks if small tear, 4 weeks if a larger tear

PROM Start gentle range of motion when out of sling.

6 WEEKS (M.D. visit at 6 weeks)

Start formal physiotherapy.

PROM: Continue with passive stretching of involved tendons to pain tolerance

Mobs: Grade I - IV as tolerated

AROM: Progression should be high repetitions before adding resistance,
* It is important to closely monitor shoulder/postural mechanics and pain throughout all exercises.

Other activities: Jogging, swimming in protected range of motion, UBE for range of motion

3 - 6 MONTHS (M.D. visit at 3 months, 4.5 months, as needed)

Range of motion: If motion is still limited, then emphasis remains on achieving full range.
If motion is not limited, then the emphasis shifts to strengthening.
* Goal to achieve full ROM by 18 weeks post op
* More aggressive stretching and resistive exercises can be added at 4 months as tolerated.

PNF patterns: Can be performed cautiously, increasing as tolerated

Other activities: Rowing, UBE for strengthening, protected range weightlifting (be cautious not to do exercises that stress repair)

6 MONTHS (M.D. visit at 6 months as needed)

Range of motion: Aggressive stretching and strenuous resistive exercises can be performed.

Other activities: Swimming, weightlifting, begin throwing progression program (assumes adequate range of motion of 90 abduction and external rotation)