Procedure: Rotator Cuff Repair (large)

PHASE: HOSPITAL STAY POST-OP

1. **NO AROM, AAROM, RROM OF THE SHOULDER JOINT**
2. Pre-op passive Codman’s pendulum flexion with cautious body rocking.
3. AA/AROM elbow with sling on arm to relax biceps, gentle hand squeeze.
4. OK to perform PROM by therapist in post-op if patient stays overnight. Limits per phase I.
5. Cryotherapy x 15 minutes every hour.
7. Advise on dressing: likely using a button down shirt starting with surgical arm.
8. Immobilizer on all the time except for therapy and sponge bathing.
9. Patient should be independent with safe ambulation with/without assistive device, icing to shoulder, and aware of no active shoulder movement. Issued HEP and “do’s and don’ts” handout.

“DO NOT…”

- Remove arm from sling or brace except for cautious exercises given to you by the therapists and for bathing when the doctor says it is okay to bathe.
- Actively move or use your shoulder or upper arm for 6 weeks. This could damage the surgical repair and cause your shoulder to lose function.
- Be too “brave.” Please use the pain medication and ice and call the doctor if the pain is not tolerable. There will be some “pain” or “discomfort”.
- Lift objects, make sudden movements, or support your body weight through the hand or elbow. Do not reach behind back.
- Be late for Physical Therapy ☹!!! Please call us if you are late, need to cancel, or reschedule.

“DO…”

- Follow doctor’s instructions. Call him/her if you need to.
- Ice 15-20 minutes every hour for pain and swelling for the first 5-10 days.
- Continue icing 4-6 times/day for 10-14 days, then use ice as needed (especially after exercise). Your therapist can tell you when a hot pack is good to use.
- Wear your sling at all times.
- Sleep in sling.
- Wear sling over a shirt, keep armpit clean and dry. Wash armpit by leaning forward and toward the surgery arm. A dry washcloth can be worn under the arm to protect the skin from rashes.
- It is okay to move fingers and wrist, but not forcefully. The therapist will show you other exercises.
- Remove the wrist from the sling to allow elbow to straighten and relax.
- Place a pillow under the elbow when sitting and relax the shoulder and muscles between the neck and shoulder.
- Plan on bringing a spouse, family member, or friend to therapy whom could possibly learn to perform some “passive” shoulder movement for you at home. This may take 1-2 appointments to learn and would likely occur in the first 1-2 weeks.

Call PT with questions or concerns: 608-637-4385
Procedure: Rotator Cuff Repair (large) Phase I (0-6wks)

**Issues Requiring Urgent Ortho Consult:** Phone # (608) 637-4704
1) Significant, uncontrolled pain
2) Non-healing incisions or draining wounds
3) Failure to comply with restrictions/immobilizer use

**Activity Recommendations:**
1) 2 wks begin submaximal, pain free isometrics in 0° GH position
2) 6 wks begin AAROM in gravity eliminate positions within ROM guidelines
3) Perform hand, wrist, elbow, and neck AROM exercises.

**ROM Restrictions:** No AROM, Resisted ROM

<table>
<thead>
<tr>
<th>Weeks post op</th>
<th>0-2wks</th>
<th>2-4wks</th>
<th>4-6wks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexion</td>
<td>Unlimited</td>
<td>Unlimited</td>
<td>Unlimited</td>
</tr>
<tr>
<td>Abduction</td>
<td>0-90°</td>
<td>0-120° if ER to 45°</td>
<td>0-180°</td>
</tr>
<tr>
<td>ER (0° abd.-mod. neutral)</td>
<td>0-30°</td>
<td>0-45°</td>
<td>0-60°</td>
</tr>
<tr>
<td>ER 90°</td>
<td>None</td>
<td>None</td>
<td>0-90°</td>
</tr>
<tr>
<td>IR</td>
<td>To chest</td>
<td>0°-mod neutral to chest</td>
<td>0-45° GH</td>
</tr>
<tr>
<td>Extension</td>
<td>Neutral</td>
<td>Neutral</td>
<td>0-30°</td>
</tr>
<tr>
<td>Horizontal Adduction</td>
<td>Neutral</td>
<td>Neutral</td>
<td>0-30°</td>
</tr>
</tbody>
</table>

**Activity Restriction:**
1) Arm in an immobilizer at all times except for PROM and sponge bathing(in Codman’s position)
2) No aggressive or end range mobilizations
3) No W/B thru UE with transfers
4) No pushing or pulling through UE with transfers

**Home Instructions:**
1) Caregiver PROM to limits above (if capable)
2) Icing 5X/day
3) Elbow flexion/extension, forearm pronation/supination, wrist all planes AROM

**PT Goals:**

**Impairment Based:**
1) PROM and AROM to limits above
2) Muscle activation of rotator cuff without joint motion/shoulder muscles in all planes
3) Elbow, wrist, c-spine ROM WNL

**Function Based:**
1) 100% compliant with use of immobilizer and HEP/activity restrictions
Procedure: Rotator Cuff Repair (large) Phase II (6-12 wks)

Issues Requiring Urgent Ortho Consult: Phone # (608) 637-4704
   1) Signs of repair failure/re-tear

Activity Recommendations:
   1) Aggressive end ROM stretching
   2) Joint mobilization (I-V ok)
   3) Resisted biceps/triceps ok with supported shoulder
   4) UBE for ROM/increase endurance ok: no resistance

ROM Restrictions: PROM full; AROM full against gravity

Activity Restrictions:
   1) No rotator cuff resistance exercises until 12 wks post op.
   2) No resisted UBE
   3) Job/work restrictions per MD guidelines (pt. specific)

Home Instructions: Per PT discretion to achieve Phase 2 specific goals

PT Goals: Impairment Based:
   1) AROM to 80% of WFL
   2) MMT strength grades to 3/5 by 12 wks
   3) Improve GH joint mobility to normal
   4) Improve rotator cuff muscle endurance to 10 reps against gravity without substitution/compensation

Function Based:
   1) Independent dressing, bathing, grooming, and use of involved UE
   2) Driving independently and safely
   3) Retrieve object up to 1 lbs from shoulder height (cup, plate, magazine) and place at waist height (counter top)
Procedure: Rotator Cuff Repair (large) Phase III (12+wks)

**Issues Requiring Urgent Ortho Consult:** Phone # (608) 637-4704
1) Signs of rotator cuff failure/re-tear

**Activity Recommendations:**
1) May begin multi-speed isokinetic strengthening
2) UBE with resistance
3) Isotonic thru full ROM
4) Begin CKC exercises as tolerated
5) Plyometrics at 16+wks if strength is 80% of uninvolved UE

**ROM Restrictions:** None

**Activity Restrictions:**
1) No lifting ≥ 3-5 pounds away from the body until strength is 80% on Isokinetic evaluator or 4/5 MMT of rotator cuff
2) No lifting ≥ 15-20 pounds with biceps
3) No repetitive overhead work until strength 80% isokinetic or 4/5 MMT

**Home Instructions:** Per PT discretion to achieve below goals

**PT D/C Goals: Impairment Based:**
1) Isokinetic 80% strength eval or 4/5 MMT
2) Maximize AROM in all planes to 100% of uninvolved UE with good form

**Function Based:**
1) Pt. specific based on ADL, work, sport, recreational activities
2) Unrestricted at 6 months