

Decelerated Rotator Cuff Repair Protocol

Surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (Pre-Op/0-6 weeks)	Phase II (Weeks 6-10)	Phase III (Weeks 10-16)	Phase IV (Weeks 16 – 26 weeks)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Sling/immobilizer all times except remove for hygiene <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Maintain integrity of repair • Diminish pain and inflammation • Independent with ADL's with modifications while maintaining the integrity of the repair • Intermittent follow ups to maintain compliance <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • No PROM or AAROM <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> • AROM fingers, wrist, and elbow • Pendulum hang • Scapular retraction • Cervical AROM 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Wean to discontinue sling/immobilizer <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Allow healing of soft tissue • Do not overstress healing tissue • Decrease pain and inflammation • Pain free PROM <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Pain free PROM, be very cautious with stretching • No AROM <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> • Continue with Phase I exercises as needed • Passive flexion table slide • Passive rotation in neutral in pain free ranges • Gentle scapular and/or regional soft tissue mobilization if needed • Gentle capsular/joint mobilization prn 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • No lifting • No PREs <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Maintain Full PROM • Dynamic -Shoulder Stability • Optimize neuromuscular control • Gradual return to functional activities <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Restore full PROM • Initiate AAROM progressing to AROM <p style="text-align: center;">EXERCISE Week 10</p> <ul style="list-style-type: none"> • Continue prior phase exercises as needed • AAROM • Upper extremity bike – pain-free as tolerated and unloaded • Pain-free isometrics in neutral • Gentle rhythmic stabilization <p style="text-align: center;">Week 12:</p> <ul style="list-style-type: none"> • AROM in supine and progress to sitting and standing • Supine proprioceptive and stabilization training • Scapular strengthening 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Communicate with surgeon about specific restrictions <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Maintain full non-painful AROM • Advance conditioning exercises • Improve muscular strength, power, and endurance • Gradual return to full functional activities <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Continue ROM emphasis if needed <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> • Continue with previous phase recommendations as needed. • Begin isotonic PRE strengthening program: patient must be able to elevate arm without scapular elevation substitution to begin isotonics • Advance proprioceptive and neuromuscular activities prn
Criteria for Progression	Criteria for Progression	Criteria for Progression	Criteria for Progression
<ul style="list-style-type: none"> • Compliance with immobilization 	<p>PROM</p> <ul style="list-style-type: none"> • FLEX $\geq 100^\circ$ • ER in scap plane $\geq 45^\circ$ • IR in scap plane $\geq 45^\circ$ • ABD in scap plane $\geq 90^\circ$ 	<ul style="list-style-type: none"> • Full AROM 	<ul style="list-style-type: none"> • Tolerates the progression to low-level functional activities • Demonstrates return of strength/dynamic shoulder stability • Demonstrates adequate strength/stability for progression to work/sport specific activities