



ARTHROSCOPIC OR OPEN ROTATOR CUFF REPAIR/RECONSTRUCTION SHOULDER REHABILITATION FOR MASSIVE TEAR

GO SLOWLY! ULTRASLING FOR 8 WEEKS

PHASE I: Post op till 8 weeks Strictly Passive range of motion (PROM)

- First Month - Passive Pendulums to warm up, patient can do these independently as well - Scapular isometrics in sling - AROM of elbow, wrist, and hand. PROM Abduction/Flexion Internal both supine and sitting.
- B. Second Month - Continue pendulums to warm up - Start internal rotation after 5th week; work to full PROM by 6wks postop
- POD #42- Stick assisted external rotation (ER) - Active range of motion (AROM) elbow, wrist and hand -Therapist assisted PROM/AAROM, Home pulleys ok

PHASE II: Third post op month (Begin week 9) Active range of motion with terminal stretch -Continue scapular stabilization

- Wean from ultrasling - Light Activity of Daily Living OK (Grooming, feeding) No lift greater than one pound - When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

PHASE III: Fourth month post op Resisted plus continue Phase II

- Resisted program/Theraband- begin after 12 full weeks postop
- Comprehensive RC and scap stabilizer strength
- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch FROM FIFTH MONTH POST OP FORWARD

WEIGHT TRAINING PROGRAM:

- No long lever-arm exercises
- No abduction position exercises
- No impingement position - Begin after week 14 when adequate progress with stiffest theraband

RETURN TO ACTIVITIES:

- Ski 4-5 months
- Golf 4-5 months,
- Tennis 6 months
- Heavy Labor 6 months