

MEDIUM ROTATOR CUFF REPAIR PROTOCOL

Includes treatment for:

- Open repair medium rotator cuff tear
- Arthroscopic medium rotator cuff tear

Postop:

0-2 Weeks

Slings/swathe at all times, except for exercises

PROM Limits to: 90° pure abduction, 20° extension, 70° internal rotation (not behind back), no limitations for flexion, external rotation as tolerated (unless specified by physician)

***Subscapularis repair: Limit external rotation to 0°**

1. Pendulum exercises 3x/day minimum
2. PROM within pain tolerance
3. Elbow and wrist AROM 4x/day minimum
4. Cryo Cuff/ice: days 1-2 as much as possible, then post activity for pain

2-6 weeks

Decrease use of sling during the day, except in uncontrolled situations and at night

ROM Limits continued

***Subscapularis repair: Limit external rotation to 30°**

1. PROM within limits and pain tolerance
2. Manual resistance for scapular motions
3. Postural awareness education
4. Gentle soft tissue mobilization and joint mobilization
5. Modalities as indicated for pain or inflammation

Goal: Involved shoulder AAROM grossly within normal limits by 6 weeks

6-12 Weeks

Discontinue sling at night

No ROM limits

***Subscapularis repair: Progress 10° a week within external rotation**

1. Initiate AAROM/ AROM including wand and pulleys
2. Joint mobilization for scapula and glenohumeral mobility
3. Gentle exercises for scapular stabilizers and rotator cuff
May include submaximal isometrics, PNF, and supervised UBE
Emphasis of strengthening on high reps and low weight with postural awareness

Goal: Involved shoulder AROM grossly within normal limits by 12 weeks

12-18 Weeks

1. Resistive exercises as tolerated
2. Progress toward independent home program
3. Reinforce postural awareness, quality of exercise technique and proper PRE progression