



From the office of:

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ROTATOR CUFF REHABILITATION PROTOCOL

PT to evaluate and treat 2-3 x/week for 12 weeks s/p arthroscopic rotator cuff repair

RECOVERY PHASE: WEEKS 0-3

- *Immobilization
- *Grip strengthening
- *Elbow, wrist and hand ROM as tolerated
- *Scapular retractions

RECUPERATION PHASE: WEEKS 3-6

- *Out of immobilizer for PT, can discontinue abduction pillow
- *Grip strengthening
- *Codman/pendulum OK
- * Passive ROM ER to 30 degrees, elevation to 90 degrees.

WEEKS 6-10

- *Begin AAROM and AROM
- *Wear out of immobilizer, can use arm for ADL's lifting no more than 10 pounds
- *Aqua therapy if available
- *Gentle joint mobilization
- *Continue with scapula PRE's
- *Deltoid isotonic in plane of scapula to 85 degrees
- *Begin IR/ER isometrics in neutral, arm at side at 8 weeks
- *Begin bicep PRE's
- ***GRADUALLY** restore ROM by 10 weeks
- ***GENTLE** passive stretch to 120 degrees forward flexion
- *Posterior capsule stretching
- *Modalities PRN

WEEKS 10-16

- *At 12 weeks begin sport specific activities, i.e golf/tennis swings, gentle throwing
- *Continue with strengthening, emphasis in scapula strengthening
- *Continue posterior capsule stretching

WEEKS 16-20

- *Begin more aggressive upper extremity strengthening
- *More aggressive sport specific strengthening

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Date

For more information, please visit andrewblackmanmd.com
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