

### MASSIVE ROTATOR CUFF REPAIR PROTOCOL

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_ **Days 0 - 7**

- Patient to do Home Exercises given post-op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

\_\_\_ **Weeks 1 - 12**

- Pendulums
- Passive external rotation limit 30° (supine, roll towel under elbow)
- Passive forward elevation limit 90° (supine, elbow bent at 90°, in scaption)
- Table slides at 14 days, hand resting on table, torso leaning forward, pain free
- Address posterior capsular tightness at 3 months if indicated

***Minimal to no pain during or after exercises, although fatigue is OK***

**AVOID:**

- NO Pulleys
- NO internal rotation behind back
- NO external rotation stretching with arm in 90° of abduction
- NO stretching in abduction
- NO strengthening until 3 months

**Modalities:**

**Other:**

Signature \_\_\_\_\_

Date: \_\_\_\_\_