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## *Rotator Cuff Repair Rehab Protocol - Delayed*

	<b>GOALS</b>	<b>PRECAUTIONS</b>	<b>SLING</b>	<b>ROM GOALS</b>	<b>EXERCISES / MODALITIES</b>
<b>PHASE I – Post-Op 0-6 weeks</b>	<ul style="list-style-type: none"> <li>• Maintain &amp; protect integrity of repair</li> <li>• Diminish pain and inflammation</li> <li>• Prevent muscular inhibition</li> <li>• Independent with ADLs with modifications while maintaining repair integrity</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain arm in abduction sling/brace               <ul style="list-style-type: none"> <li>- Remove only for exercise</li> </ul> </li> <li>• No lifting objects</li> <li>• No shoulder motion behind back</li> <li>• No excessive stretching</li> <li>• No sudden movements</li> <li>• No supporting any weight</li> <li>• No lifting of body weight by hands</li> <li>• Keep incisions clean/dry</li> </ul>	<ul style="list-style-type: none"> <li>- Abduction brace/sling at <b>all times</b> (including sleep)</li> <li>- Position in NEUTRAL to avoid excessive shoulder IR</li> </ul>	<ul style="list-style-type: none"> <li>• NO SHOULDER ROM (PROM, AROM, AAROM)</li> </ul>	<ul style="list-style-type: none"> <li>• Pendulum exercises several times per day</li> <li>• Finger, wrist, and elbow AROM</li> <li>• Begin scapula musculature isometrics / sets</li> <li>• Cervical ROM</li> <li>• Cryotherapy (ice)</li> <li>• Resume general conditioning after 1 week (walking, stationary bike, etc)</li> <li>• Patient education: posture, joint protection, positioning, hygiene, etc</li> </ul>
<b>Phase II – Passive Motion 6-8 Weeks</b>	<ul style="list-style-type: none"> <li>• Allow healing of soft tissue (rotator cuff still needs to heal to bone)</li> <li>• Do NOT overstress healing tissue</li> <li>• Gradually restore PROM</li> <li>• Decrease pain/inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• No resisted motions of shoulder until <u>12 weeks</u> post-op</li> <li>• No lifting</li> <li>• No supporting body weight by hands/arms</li> <li>• No sudden jerking movements</li> <li>• Avoid UE bike or UE ergometer at all times</li> </ul>	<ul style="list-style-type: none"> <li>• May discontinue brace/sling at the end of week 6</li> </ul>	<ul style="list-style-type: none"> <li>• True PROM only!</li> <li>• Progressive PROM:               <ul style="list-style-type: none"> <li>- 90° FF</li> <li>- 20° ER at side</li> <li>- Abd max 60-80° without rotation (scapular plane)</li> <li>- IR to abdomen</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Grip strengthening</li> <li>• No canes/pulleys until 8 weeks post-op (these are active-assist)</li> <li>• Heat before PT, ice after PT</li> <li>• Initiate prone rowing to neutral arm position</li> <li>• Continue cryotherapy PRN</li> <li>• May use pool (aquatic therapy) for ROM exercises</li> </ul>

- Do NOT change bandages unless instructed by physician
- Monitor for pain and swelling. Modify as necessary.
- Encourage home exercises program daily
- Encourage ice 4x a day for 20 minutes while swelling is present.
- For any questions or concerns please contact Dr. Tauberg's office



**South Hills Orthopaedic**

**SURGERY ASSOCIATES, P.C.**

## Rotator Cuff: Delayed Protocol

	GOALS	PRECAUTIONS	SLING	ROM GOALS	EXERCISES / MODALITIES
<b>PHASE II – Protection / Active Motion</b> <b>8-12 weeks</b>	<ul style="list-style-type: none"> <li>Maintain integrity of repair</li> <li>Do not overstress healing tissue</li> <li>Gain full PROM</li> <li>Start/advance AAROM to AROM (week 10-12)</li> <li>Dynamic shoulder stability</li> <li>Optimize neuromuscular control</li> <li>Gradual return to functional activity</li> </ul>	<ul style="list-style-type: none"> <li>No resisted exercises</li> <li>Avoid exercises in coronal plane and ABDuction</li> <li>No lifting heavy objects (&gt;5lbs)</li> <li>No sudden lifting/pushing</li> <li>No sudden jerking motions</li> <li>No overhead lifting</li> <li>Avoid upper extremity bike/ergometer</li> </ul>	<ul style="list-style-type: none"> <li>none</li> </ul>	<ul style="list-style-type: none"> <li>Gradually progress to full PROM all planes                             <ul style="list-style-type: none"> <li>Full ROM by weeks 9-10</li> </ul> </li> <li>Begin AAROM progression to AROM as tolerated                             <ul style="list-style-type: none"> <li>Flexion scapular plane, abduction, ER, IR</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue with Phase I</li> <li>Continue periscapular exercises</li> <li>Light passive stretching at end ranges</li> <li>Week 10: Begin rotator cuff isometrics with arm at side</li> <li>Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)</li> </ul>
<b>PHASE III – Early Strengthen</b> <b>12-16 weeks</b>	<ul style="list-style-type: none"> <li>Progressive rotator cuff strengthening and scapular stability</li> <li>Progressive functional training</li> <li>Gradual restoration of strength, power, and endurance</li> <li>Dynamic shoulder stability</li> </ul>	<ul style="list-style-type: none"> <li>Avoid exercise in coronal plane and ABDuction</li> <li>No weight training</li> <li>No lifting of objects heavier than 5lbs</li> <li>No sudden lifting or pushing</li> <li>No sudden jerking motions</li> <li>No overhead lifting</li> <li>Avoid upper extremity bike or ergometer</li> </ul>	<ul style="list-style-type: none"> <li>none</li> </ul>	<ul style="list-style-type: none"> <li>Advance to full ROM as tolerated                             <ul style="list-style-type: none"> <li>Passive stretching at end ranges</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Week 12: Initiate Strengthening                             <ul style="list-style-type: none"> <li>Isometrics → bands → light weights (1-5 lbs, 8-12 reps/2-3 sets per cuff, deltoid, and scapular stabilizers)</li> <li>ER/IR with therabands/tubing</li> <li>ER in lateral decubitus position</li> <li>Full can in scapular plane (NOT in full abduction)*</li> <li>Prone rowing</li> <li>Prone horizontal abduction</li> <li>Prone extension</li> <li>Elbow flexion</li> <li>Elbow Extension</li> </ul> </li> <li>Only do strengthening 3x/week to avoid rotator cuff tendinitis</li> <li>Week 14:                             <ul style="list-style-type: none"> <li>Continue all exercises listed above</li> <li>Progress to fundamental shoulder exercises</li> <li>Eccentrically resisted motions, plyometrics, proprioception</li> </ul> </li> </ul> <p>* Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonic; if unable, continue glenohumeral joint exercises</p>



## Rotator Cuff: Delayed Protocol

	GOALS	PRECAUTIONS	SLING	ROM GOALS	EXERCISES / MODALITIES
<b>PHASE IV – Advanced Strengthen 16-26+ weeks</b>	<ul style="list-style-type: none"> <li>• Maintain full non-painful AROM</li> <li>• Advance conditioning exercises for enhanced functional use</li> <li>• Improve muscular strength, power, and endurance</li> <li>• Gradual return to full functional activities</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to avoid excessive force on the shoulder</li> <li>• Slow progression of weight training</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full motion</li> <li>• Continue self-capsular stretching for ROM maintenance</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Week 16</b> <ul style="list-style-type: none"> <li>- Continue progression of strengthening</li> <li>- Advance proprioceptive and neuromuscular activities</li> <li>- Light sports if doing well (golf chipping/putting, tennis ground strokes, etc)</li> <li>- Theraband: may add T's, diagonal up and down, prone U</li> <li>- Advance as tolerated</li> <li>- Only do 3x/week to avoid rotator cuff tendonitis</li> </ul> </li> <li>• <b>Week 20-22</b> <ul style="list-style-type: none"> <li>- Begin sports related rehab, including advanced conditioning</li> <li>- Interval sports program (Golf, doubles tennis, etc)</li> <li>- Continue strengthening/stretching</li> </ul> </li> <li>• <b>6 Months</b> <ul style="list-style-type: none"> <li>- Return to throwing</li> </ul> </li> <li>• <b>9 Months</b> <ul style="list-style-type: none"> <li>- Throw from pitcher's mound</li> <li>- Return to collision sports</li> </ul> </li> <li>• <b>12 Months</b> <ul style="list-style-type: none"> <li>- Usually reach MMI</li> </ul> </li> </ul>

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