

(PROTOCOL #2) SMALL ROTATOR CUFF REPAIR PROTOCOL

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UPON**

DIRECTION OF PHYSICIAN.

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
Post-op to 2 weeks	OT elbow/hand ROM putty and ADL modification instruction Pendulum, Isometrics: deltoid (anterior, middle, posterior), biceps/triceps, Periscapular, shoulder shrugs, scapular retraction Joint Mobs: grade 1-2; PROM/gentle stretching Modalities as needed	Decrease pain Increase ROM to WFL DASH questionnaire at time of evaluation and every 4 weeks <u>WITH CONCURRENT BICEPS TENODESIS NO FULL SHOULDER EXTENSION, ELBOW EXTENSION FOR 3 WEEKS; RESISTED PRONATION OR SUPINATION.</u>
2 weeks	All of above including: Supine stick ER, forward flexion CAD, Internal rotation up back; Pulleys flexion and abduction	
6 weeks	All of above including: AROM UBE Rhythmic Stabilization exercises	Continue to decrease pain Muscle reeducation for Glenohumeral and Scapulohumeral rhythm
6 to 8 weeks	All of above including: May initiate light strengthening 1-2 week period to progress; every other day to start Start external/internal rotation then add flexion/extension and then abduction 45° arc after 2 weeks can do daily then progress to full arc	Return patient to functional activities Progress to all planes theraband Progress Strength BRACING REMOVED ONLY UNDER DIRECTION OF PHYSICIAN

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PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
10-12 weeks	All of above including: More strengthening: light dumbbell, biceps/triceps, advance therabands At 12 weeks can start full arc band	No Residual pain Activities: Gradually increase activity Golf: pitching wedge to start in approx 4 months Bowling: use weighted ball at approx 3-4 months Tennis: same start slow gradually increase activity Driving: able to drive, monitor meds Shower: usually after first dressing with watertight dressing Throwing: 3-4 months
12 weeks	Advanced strengthening exercises i.e. Endurance Plyometrics	

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date _____
 Robert M. Doane, M.D., P.C.

Signature: _____ Date _____
 Balu Pisupati, PT