

**(PROTOCOL #3) MEDIUM 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 UNDER DIRECTION OF PHYSICIAN**

| <b>PHASE</b>       | <b>FUNCTIONAL PROGRESSION/ACTIVITIES</b>   | <b>GOAL/RESTRICTIONS</b>   |
|--------------------|--|--|
| Post-op to 4 weeks | OT elbow/hand ROM putty and ADL modifications<br>Pendulum<br>Isometrics: deltoid (anterior, middle, posterior),<br>bicep/triceps, periscapular, shoulder shrugs,<br>scapular retraction<br>Joint Mobs: grade 1-2: PROM/gentle stretching<br>Modalities as needed | Decrease pain<br>Increase ROM to WFL<br>DASH questionnaire at time of evaluation and every 4 weeks.<br><b><u>WITH CONCURRENT BICEPS TENODESIS NO FULL SHOULDER EXTENSION, ELBOW EXTENSION FOR 3 WEEKS; RESISTED PRONATION OR SUPINATION.</u></b> |
| 4 weeks            | All of above including:<br>Supine stick ER, forward flexion, CAD, Internal rotation up back<br>Pulley-flexion  |  |
| 6 weeks            | All of above including:<br>Pulley abduction  | 6-8 weeks <b>BRACING REMOVED ONLY UNDER DIRECTION OF PHYSICIAN</b>   |
| 8 weeks            | All of above including:<br>AROM<br>UBE   | Continue to decrease pain<br>Movement reeducation for Glenohumeral and Scapulohumeral rhythm   |
| 8 to 10 weeks      | All of above including:<br>1-2 week period to progress; every other day to start<br>Start ext/internal rotation then add flex/extension & then abduction   | Return patient to functional status.<br>Progress to all 5 planes theraband<br>45° arc after 2 weeks can do daily then progress to full arc   |

2002

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|          |   |   |
|----------|---|---|
| 12 weeks | All of above including:<br>More strengthening: light dumbbell, biceps/triceps, advance therabands<br>At 12 weeks can start full arc band<br>Advanced strengthening exercises i.e. Endurance Plyometrics | <b>Activities:</b> Gradually increase activity<br><b>Golf:</b> pitching wedge to start in approx 6 months<br><b>Bowling:</b> use weighted ball at approx 6 months<br><b>Tennis:</b> same start slow gradually increase activity<br><b>Driving:</b> able to drive, monitor meds<br><b>Shower:</b> usually after first dressing with watertight Dressing<br><b>Throwing:</b> 6 months |
|----------|---|---|

**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