

(PROTOCOL #4) LARGE 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 progress of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UPON DIRECTIONS OF PHYSICIAN.**

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
Post-op to 2 weeks	OT elbow/hand ROM putty and ADL Modifications Isometrics: deltoid (anterior, middle, posterior), bicep/triceps periscapular, shoulder shrugs scapular retraction, protraction Joint Mobs; Grade 1-2 PROM/gentle stretching – 2 weeks, modalities as needed	DASH questionnaire at time of evaluation and every 4 weeks Decrease pain Increase ROM to WFL WITH CONCURRENT BICEPS TENODESIS <u>NO FULL SHOULDER EXTENSION, ELBOW EXTENSION FOR 3 WEEKS; RESISTED PRONATION OR SUPINATION.</u>
2 weeks	All of above including: Pendulum	
4 weeks	All of above including: Supine stick ER, forward flexion, CAD, Internal rotation up back.	
6 weeks	All of above including: Pulley flexion	
8 weeks	All of above including: Pulley abduction	
10 weeks	All of above including: AROM UBE	Continue to decrease pain Movement reeducation for Normal Glenohumeral and Scapulohumeral rhythm BRACING REMOVED ONLY UNDER DIRECTION OF PHYSICIAN

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PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
12 weeks	All of above including: Progress to all 5 planes theraband 1-2 week period to progress; every other day to start Start IR/ER then add flex/ext and then add abduction 45° arc after 2 weeks, can do daily then progress to full arc.	Return patient to functional status
14 weeks	All of above including: More strengthening: light dumbbell, biceps/triceps, advance therabands At 14 weeks can start full arc banc	No residual pain Activities: Gradually increase activity Golf: pitching wedge to start in approx 6 months Bowling: use weighted ball at approx 6 months Tennis: same start slow gradually increase activity Driving: Able to drive, monitor meds Shower: usually after first dressing with watertight dressing Throwing: 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

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