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Dr. Myeroff's Accelerated Rotator Cuff Repair Physical Therapy Protocol

Tendons Repaired: Supraspinatus
 Infraspinatus
 Subscapularis

Biceps: Tenodesis
 Tenotomy

Phase 1 (0 to 5 weeks): **Start PT 7-10 days from Surgery**

Treatment Frequency – 2-3x/wk – to be determined by therapist and depends on patient's progress.

Precautions:

- Sling on at all times – okay to remove for bathing and exercises
- **No AROM of shoulder**

Goals:

- Protect repair and promote healing
- Gradually progress ROM
- Decrease pain and inflammation – Icing/cold packs 20 minutes every hour and after exercises and therapy sessions; may decrease frequency as pain allows

Exercises – done in pain-free manner, 3 time a day home exercise program

- AROM elbow, wrist, fingers as necessary with arm at side (begin POD#1, self-guided)
- Scapula retraction setting/isometric

PROM

- Pulley: flexion, abduction, IR
- Wand – ER

Dr. Chad Myeroff

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Updated: January 2019

- Supine gravity eliminated forward elevation with wand

Skilled PROM and other Manual Therapy for pain relief/ROM progression – **no joint mobilization other than oscillations for pain relief (Grade 1)**. Skilled therapy visits to include training on sling donning and doffing, shoulder precautions / restrictions.

Phase 2 (weeks 5 to 10):

Treatment Frequency – 1-2x/wk – to be determined by therapist and depends on patient’s progress.

- 3 times a day home exercise program

Precautions:

- No lifting > 1 lb. – coffee cup
- NO overhead activity or active shoulder elevation

Goals:

- Full PROM progressing towards AAROM
- Minimize irritation/inflammation of cuff – Icing/cold packs 10-15 min – after exercises and therapy sessions
- Scapular stability/control - promoting pure shoulder dynamic control

Exercises: Done in pain-free manner – three times per day

- PASSIVE/AAROM – exercise possibilities:
 - Continue pulley for end range elevation stretching
 - Pulley or towel IR stretching
 - wall flexion/abduction slides
 - wand exercises all planes
 - flexion, scaption, abduction, sidelying ER
 - prone scapular setting – arms at side or elevated below 60 deg (below impingement levels)
 - Supine – protraction; AROM flexion

Phase 3 (weeks 10 to 14):

Treatment Frequency – 1-2x/wk – to be determined by therapist and depends on patient’s progress.

- 3 times a day home exercise program

Goals:

- Full AROM w/ good scapular control/pure shoulder movement
- Strengthening
- Progression to functional activities

Exercises: Done in pain-free manner – Three timers per day home exercise program; all within patient tolerance and protecting overload of cuff

- ROM – end range stretching – wall, doorway, passive capsule stretches (posterior)
 - flexion, scaption, abduction, sidelying ER
 - prone scapular setting – arms at side or elevated below 60 deg (below impingement levels)
 - Prone AROM – flexion, extension, horizontal abduction
 - Supine – protraction; AROM flexion
- Scapular stabilization
- Cuff Strengthening: Starting week 12 - IR and ER only, then add abduction
 - Isometrics
 - Theraband
 - PREs – 0-1#

Phase 4 (beginning week 15):

Treatment Frequency – 1x/wk to every 2 or 3 weeks; transitioning to independent per PT.

- 3 times a day home exercise program

Goals:

- Independent home program
- Progression back to all functional/recreational activities

Exercises: Per phase 3, now able to add 1-5 lb. PREs.