



Twincitiesshoulderandelbow.com

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

Tendons Repaired: Supraspinatus
 Infraspinatus
 Subscapularis

Biceps: Tenodesis
 Tenotomy

Phase 1 (0 to 6 weeks): **Start PT by 2 weeks (coordinated with your first post-surgery office visit)**

Treatment Frequency – 1-2x/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 (treat the shoulder like a wet noodle)
- Minimize Active firing of shoulder muscles

Goals:

- Protect repair and promote healing
- Gradually progress ROM
- Decrease pain and inflammation – Icing/cold packs 20 minutes every hour while awake, and after exercises and therapy sessions

Exercises – done in pain-free manner, 3x/day

- AROM elbow, wrist, hand as necessary with arm at side

Skilled therapy visits to include training on sling donning and doffing, shoulder precautions / restrictions.

Phase 2 (weeks 6 to 12):

Dr. Chad Myeroff

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Updated: January 2019

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

- 3 times a day home exercise program

Precautions:

- No lifting > 1 lb. – coffee cup
- No heavy carrying
- No overhead activity other than prescribed exercises

Goals:

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

Exercises: Done in pain-free manner – 1-2x/day

- PROM – exercise possibilities:
 - Pulley for ROM progressing to end range
 - Pulley or towel IR stretching
 - wall flexion/abduction slides
 - wand exercises all planes
 - Rhomboid Isometrics

At 8 weeks, add AAROM

Phase 3 (weeks 12 to 18):

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

- 3 times a day home exercise program

Goals:

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

Exercises: AAROM progressing towards PROM. Done in pain-free manner – 3 times a day; all within patient tolerance and to protect overloading the cuff too early

- 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 – flexion, extension, horizontal abduction

- Supine – protraction; AROM flexion (train whistle)
- Wall climbs
- Scapular stabilization , Including rhomboid, deltoid and latissimus Isometrics
- Cuff Strengthening: Weeks 12 - 14 - IR and ER only, then add abduction
 - Isometrics
 - Theraband
 - PREs – 0-1#

Phase 4 (beginning week 19):

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

Goals:

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

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