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Dr. Chad Myeroff's Rehabilitation Protocol

Protected Rotator Cuff Repair

Three times per day home exercise program including:

Prehab: 0-6 weeks pre-operative appointment to establish care and coaching on:

- Set expectations and training on recovery, exercises and restrictions, sling donning and doffing
- Work and home evaluation / modifications including ADLs, hygiene, sleep, equipment

Phase 1: Week 0-6 (1st post-op PT visit should immediately follow 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Scapular retractions (rhomboid isometrics), sling donning and doffing
- No lifting, no shoulder AROM.

Phase 2: Week 6-12

- Wean out of sling (maintain sling use for one more week in public).
- Formal PT AND TID home exercise program (HEP)
- Progressive unrestricted PROM
 - Pulleys, table slides, supine wand exercises in all planes
- At 8 weeks
 - May begin to use arm for ADLs avoiding any shoulder AROM
 - Begin AAROM
- No lifting > weight of coffee cup, no shoulder AROM.

Phase 3: Week 12-18

- Add phase II stretching
- Initiate AROM
 - At 16 weeks, if ROM is full, begin phase I cuff and scapular strengthening
- Light biceps and triceps strengthening
- No lifting > 5 lbs

Phase 4: Week 19-24

- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- No lifting > 10 lbs
- At 24 weeks unrestricted upper extremity strengthening, WBAT



More info: twincitiesshoulderandelbow.com/rotatorcuff/



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