

Large and Massive Rotator Cuff Repair (>5 cm) Post-Operative Rehabilitation Protocol

Subscapularis Involvement Precautions

1. Limit Passive ER to 45 degrees until 4 weeks post-op
2. No active/resisted IR until 6 weeks post-op

Biceps Tenodesis Precautions

1. No resisted Elbow flexion for 8 weeks
2. No resisted shoulder flexion for 8 weeks
3. No lifting anything over 2 pounds for 8 weeks

Major Objectives for rehabilitation are as follows:

1. Full PROM by 8-10 weeks and full AROM by 12-14 weeks
2. No PREs or active or passive extension until 8 weeks post op
3. Issue home ranger pulleys to progress flexion in the plane of the scapula

I. Phase I- Protection Phase (week 0-8)

Treatment:

A. Post-op Week 0-4

1. Brace or sling for 2 weeks post op; per physician instruction only
2. Pendulum Exercises
3. PROM
 - a. Flexion up to 130 deg
 - b. ER in scapular plane to 45 deg
 - c. IR in scapular plane (**week 2-3**)
4. AROM of the cervical spine, elbow, and wrist
5. Grip and wrist strengthening
6. Seated scapular retractions (no shoulder extension)
7. Supine ER with wand
8. Supine bench and flexion with wand
9. Side Lying scapular clocks and AA flexion
10. Ice and pain modalities as needed

B. Week 4-8

1. Pulley (plane of scapula only)
2. Supine wand flexion to 130 deg (assist with non-surgical arm)
3. Scapular PNF (passive to manually resisted)
4. Soft tissue mobilization to the cervical and scapular muscles
5. Isometrics (manual submaximal): ER, IR (week 4-6)
6. Supine Active IR/ER in scapular plane (week 6)
7. Theraband IR, ER, and extension to neutral (week 7-8)

II. Phase II- Intermediate Phase (Week 8-14)

Goals: Establish full PROM (8-10 weeks)
Gradually increase RTC and scapular strength

Treatment:**A. Week 8-10 (begin with AROM and progress with weight)**

1. Initiate isotonic strengthening in available range
 - a. Supine flexion progressing to semi-recumbent, then seated
 - b. Sidelying ER
 - c. Total arm strengthening
 - d. Scapular strengthening
 - e. Serratus punches
2. Progress to seated/standing flexion
 - a. If patient can not elevate the arm without scapular hiking, then return to the semi-recumbent position
3. UBE
4. Prone Rows, Extension, abduction
5. Supine rhythmic stabilization: Flex/Ext, and ER/IR

B. Week 10-14

1. Continue all above exercises
2. Full AROM by 12-14 weeks
3. PNF diagonal with isometric holds
4. Body Blade