

# Rotator Cuff Repair

Complete Supraspinatus Repair  
Physical Therapy Protocol | Medium Tear



St. Joseph's Physicians  
A Member of Trinity Health

## STAGE 1 Protection

### Post-Operative 0-3 Weeks

Do not start physical therapy until instructed to.

#### GOALS

- Protect repaired tendon.
- Full passive range of motion.
- Decrease pain.

#### PRECAUTIONS

- No Resistive Abduction

#### TREATMENT

- Sling at all times, during the day and at night.
- Pendulum exercises.
- Pain control modalities.
- Passive range of motion.  
(painfree, gentle and gradual progression to full range of motion as tolerated)

### Post-Operative 3-6 Weeks

#### TREATMENT

- Continue with sling
  - Discontinue sling at 6 Weeks
  - Only after follow-up appt with Dr. Raphael.
- Active assistive ROM
  - internal (towel)
  - external rotation (t-bar)
  - wall pulleys for flexion and abduction.
- Continue with passive ROM. If passive ROM isn't progressing - structured aquatic exercises only with physician discretion.
- Submaximal isometrics for all planes EXCEPT ABDUCTION.
- Elbow exercises.
- Hand gripping exercises.
- Began scapular stabilization exercises, no resistance.

## STAGE 2 Intermediate

### Post-Operative 6-12 Weeks

#### GOALS

- Prepare for strengthening.
- Home exercise program.

#### PRECAUTIONS

- Gentle PRE's in abduction.

#### TREATMENT

- Active assistive ROM exercises.
  - t-bar for flexion, abduction and extension.
- Shoulder abduction isometrics sub-maximal to maximal efforts in all planes.
- Tubing for internal and external rotation progressing to PRE's as appropriate.
- Add resistance to scapular stabilization exercise sub-maximal to maximal effort, push up, push up plus, seated depressions.
- Add Rotator cuff program without resistance (standing to 90) may add weight at 10 weeks if appropriate and approved by physician.
- Home exercise program as above

## STAGE 3 Strengthening

### Post-Operative 12-18 Weeks

#### GOALS

- Full strength for release by physician at 18 weeks if appropriate.
- Home exercise program.

#### TREATMENT

- Continue with exercises as above.
- Add resistance to rotator cuff program (if not added at 10 weeks)
- Neuromuscular re-education and sports specific activities.
- Home exercise program as above.