

Rotator Cuff Repair

Partial Supraspinatus Repair | Physical Therapy Protocol



St. Joseph's Physicians
A Member of Trinity Health

STAGE 1 Initial Post-Operation

Post-Operative 0-3 Weeks

GOALS

- Protected repaired tendon
- Gradual return to full ROM
- Decrease pain
- Increase shoulder strength

PRECAUTIONS

- NO RESISTIVE ABDUCTION

TREATMENT

- Sling for comfort, discontinue when tolerated
- Pendulum exercise
- Active assisted ROM exercises
 - T-bar all planes rotation at 45°
- Wall pulleys for flexion only
- Elbow and hand gripping exercises
- Shoulder isometrics
 - sub-maximal and pain-free isometrics
 - NO ABDUCTION ISOMETRICS
- Pain control modalities
- Active motion
 - extension, internal and external rotation with resistance (tubing) as tolerated.
- Passive ROM: pain-free, gentle and gradual increase to patient tolerance
- Begin scapular stabilization exercises with no resistance (shrugs, retractions)
- Home exercise program

STAGE 2 Intermediate

Post-Operative 3-6 Weeks

GOALS

- Increased to full passive ROM
- Full scapular stabilization and rotator cuff program
- Home exercise program

PRECAUTIONS

- PROGRESS SLOWLY WITH ABDUCTION PRE's

TREATMENT

- Progress all exercises as stated above
- UBE for active warm up
- Active ROM
 - Begin rotator cuff program with no weight
 - Standing to 90
- Add resistance to scapular stabilization
 - add wall push-ups progressing to push up plus
 - add seated depressions
- Home exercise program as above

STAGE 3 Strengthening

Post-Operative 6-12 Weeks

GOALS

- Increased to full scapular stabilization and rotator cuff strength
- Return to activity at 12 weeks if cleared by the physician
- Home exercise program

TREATMENT

- Progress exercise as above – add resistance to rotator cuff program
- Neuromuscular re-education and activity specific exercise
- Home exercise program as above