



MASSIVE OPERATIVE ROTATOR CUFF REPAIR PROTOCOL

Mauricio F. Herrera, MD

305-595-1317

[**drsports@me.com**](mailto:drsports@me.com)

[**www.herreriasportsmedicine.com**](http://www.herreriasportsmedicine.com)

Stage I (0 to 6 weeks) - 6 visits

- A. Patient to wear sling or abduction pillow continuously for 4 weeks. Sling for sleep only after 4th week until 6th week. Dr Herrera may want NO therapy for 4 weeks.
- B. May remove for dressing and hygiene. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth and occasional keyboard use. May remove sling for exercises, showering and dressing.
- C. PROM/AAROM only to limits determined in operating room. If no limits on prescription, assume patient able to do full ROM.
 - Pendulum (Codman) exercises
 - See wand exercise sheet for PROM/AAROM exercises - supine only
 - Strongly suggest home pulley use
 - Ice following treatment and home exercises
 - Scapular stabilization exercise #1 (scapular retraction)
 - Internal rotation to back pocket only

GOAL: Full PROM to pre-set limits or if no limits, to symmetric ROM

PRECAUTIONS: Protect anterior deltoid and rotator cuff

VISITS: 1 time per week with a maximum of 6 visits over six weeks

Stage II (6-10 weeks)

- A. AAROM advance from supine to standing
- B. AROM, no weight, pain-free arc only, per rotator cuff exercise sheet #1-8 as tolerated

GOAL: AROM to 75% of predetermined limits

PRECAUTIONS: Do not increase inflammation

VISITS: 1 time per week (max) or 1 time every other week

C. Scapular stabilization exercises #2-5

Stage III (10 weeks to 5 months)

- A. AROM for all exercises per exercise sheet - exercises 1-8 (impingement protocol)
- Use 2 oz. to 1# weights
 - Patient should experience only minimal pain with exercises or occurring later in the day
- B. Scapular stabilization exercises #6 and 7

GOAL: Full AROM by week 12
PRECAUTION: Do not increase inflammation or overwork cuff 4 oz. weight limit until week 8, then progress as tolerated
VISITS: 2 maximum over these 6 weeks - emphasis on home program

Stage IV (5-6 months)

- A. Progress on rotator cuff exercises with no weight limit. Emphasis is on home program.
- B. Scapular stabilization exercise #8

GOALS: Limited return to work and sports 4-6 months post-op.
Check with M.D. Full AROM to pre-set limits.
Home Program: 7 days/week for stretching/ice
4 days/week for strengthening
VISITS: 1 time every 2 weeks (max) only if the patient is having significant difficulty.

This protocol provides you with general guidelines for the rehabilitation of the rotator cuff repair shoulder patients. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.