

Dr. John Drawbert

Chippewa Valley Orthopedics & Sports Medicine

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Patient \_\_\_\_\_

D.O.S. \_\_\_\_\_

## ARTHROSCOPIC ROTATOR CUFF REPAIR PROTOCOL ALL SIZES

\*\*PROTOCOL MAY CHANGE DEPENDING ON SIZE OF REPAIR\*\*

	WEEK 1-3 Begins on DOS	WEEK 4-5	WEEK 6-9	WEEK 10-12	WEEK 13+
<b>PASSIVE SCAPTION</b>	0-60°	0- 90°	As tolerated		
<b>ACTIVE SCAPTION</b>	None	Active Assistive	Active as tolerated, painfree, no compensation		
<b>PASSIVE ER</b>	0-20 (week 3)	As tolerated	As tolerated		
<b>ACTIVE ER</b>	None	Active Assistive	Active as tolerated, painfree, no compensation		
<b>IMMOB/SLING</b>	yes	yes	Wean, or per MD	no	
<b>P.T. visits/week</b>	1-3	2-3	2-3	2-3	2, weaning to 1
<p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• PT visits/week may vary</li> <li>• Individual exercise progression may vary</li> <li>• Protect biceps with tendodesis</li> </ul> <p><b>Any Questions, please contact: Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060</b></p>	AROM (Cervical, elbow, wrist and hand). Protect elbow flexion with biceps tenodesis for 6 weeks				
	PROM Scaption/Rotation				
		AAROM ER/Scaption	AROM (FLEX, ER, IR)		AROM (ABD)
	Passive Pendulums (minimal movement, no ≥ 60° scaption)				
	Joint mobilization, grade I/II to reduce pain.....advance or progress based on patient's need				
		Scapular retraction/depression Swiss ball	Progress Scapular exercises: resistive tubing, row, extension		
		Weight bearing in closed kinetic chain position, stand or sit	Isometrics <b>(at 8 weeks)</b> FLEX, EXT, ER, IR	Manual resistance and/or tubing/theraband, PRE's, small weights	Progress prone exercises, horiz abd, scaption, advance weights
	UBE				

Reviewed September 2015