

Rotator Cuff Repair

*see exceptions below

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Patient _____
 DOS _____

	Days 0-14 Begin DOS	POW 2-4	POW 4-5	POW 5-6	POW 7	POW 8-9	POW 10	POW 11-14	POW 15+
Passive Scap/Abd	None	0-90°	0-120°	Advance pain- free					
Passive ER	None	0-30°	0-30°	Advance pain- free					
Passive IR	None	0-30°	0-45° in Scapular plane and @ 90°	Advance pain- free					
Active Scap/Abd	None	None	None	0-90°, initially supine for flex	Flex: advance as tolerated Abd: to 90°				
Active ER	None	None	None	Introduce & advance pain- free	Advance as tolerated				
Active IR	None	None	None	Functional	Advance as tolerated				
Immob/Sling	Yes	Yes	Yes	Wean or per MD					
Exercises	Pendulums 2-3x/day	Joint mobs grade I-II	Prone rows	GH/Scapular joint mobs	GH joint mobs grades III-IV as needed	Continue as previous	Prone scaption	Posterior capsule stretch (cross body)	D1 + D2 PNF w/ band
*For surgery with biceps tenodesis avoid active elbow flex x 6 wks, biceps strengthening x 8 wks	Elbow Flex/Ext 4-6x/day	Isometrics (Flex/Ext/ER/IR/ABD)	Rhythmic Stabs (multiple angles)	Sidelying ER	AROM: Full can to 90° Lateral raises to 90°	Initiate light functional activity (waist height)	Prone horizontal Abd (straight elbow)	Progress Strengthening	Push up plus on wall → to counter → to floor
*if subscap or infrasp repair delay IR strengthening for 6 wks and limit passive ER to 30° x 4 week	Hand Gripping 4-6x/day	Rhythmic Stabs (IR/ER)	Prone Extension	Supine Flexion	Supine serratus punch		Add isotonic for flexion, Abd (1#/ 10 days)	“W” Tubing	Dynamic hug with band
Individual exercise progression may vary	Forearm Pro/Sup 4-6x/day	Scapular retraction (Isometrics)	Light manual resistance ER in supine	Prone Horiz Abd (Flexed elbow)	IR/ER tubing at 0° abd	Add light resistance (1#/ 10 days) for: sidelying ER, prone row, prone ext, bicep curls*			IR/ER @ 90° with band
	Wrist Flex/Ext 4-6x/day	PROM: Swiss Ball, table flexion, supine wand ER	Ice/Heat therapy	Light resistance bicep curls*	UBE (wk 6)		Tubing for rows, extension		
	Cryotherapy			AAROM: Wand in standing/supine (flexion/rotation)					Doorway ER stretch
				Pulley					Planking
									Progress to sport/ work with MD approval