

## Complex Rotator Cuff Repair Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Decrease pain and inflammation</li> <li>• PRICE principles</li> <li>• Minimize muscle atrophy</li> <li>• No shoulder range of motion</li> </ul>	<ul style="list-style-type: none"> <li>• No lifting of any object on surgical side</li> <li>• No lifting greater than 5 lbs on uninvolved side</li> <li>• No pushing/pulling greater than 20 lbs on uninvolved side</li> <li>• No excessive arm motions</li> <li>• Wear immobilizer with bolster except for hygiene and exercise performance</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder arm hang exercises</li> <li>• Active assisted range of motion of elbow, wrist and hand</li> <li>• Scapular retraction isometrics</li> <li>• Week 2-3: May begin stationary bike <ul style="list-style-type: none"> <li>◦ No use of handle bars</li> </ul> </li> <li>• Cryotherapy: 5-7times per day</li> <li>• Initial visit: QuickDASH, FOTO PRO</li> </ul>
Weeks 6-16	<ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Initiate PROM to AAROM to AROM <ul style="list-style-type: none"> <li>◦ Functional AROM at week 16</li> </ul> </li> <li>• Functional scapular mechanics at week 16</li> <li>• Initiate muscle activation</li> <li>• Improve motor control</li> </ul>	<ul style="list-style-type: none"> <li>• Sling worn for comfort beginning week 6, wean as tolerated</li> <li>• Do not force motion</li> <li>• No weight bearing through involved shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Week 6: Supine passive range of motion in all planes of motion</li> <li>• Scapular retraction AROM</li> <li>• Week 8: AAROM initiated once PROM achieved</li> <li>• Week 8: Core/LE training <ul style="list-style-type: none"> <li>◦ No stress to repair</li> <li>◦ Single plane/multi joint exercises</li> <li>◦ Balance/proprioception</li> </ul> </li> <li>• Week 10: Shoulder isometrics may be initiated</li> <li>• Week 10: AROM initiated once AAROM achieved</li> <li>• Week 12: Rhythmic stabilization may be initiated <ul style="list-style-type: none"> <li>◦ IR/ER at 45 degrees in scapular plane</li> <li>◦ Flexion at 100 degrees</li> </ul> </li> <li>• Continue with stationary bike <ul style="list-style-type: none"> <li>◦ Up to 30 minutes</li> </ul> </li> <li>• Modalities as needed</li> <li>• Week 6: QuickDASH, FOTO PRO</li> </ul>
Weeks 16-24	<ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Initiate RTC exercises</li> <li>• Initiate scapular stabilizer strengthening</li> <li>• Range of motion without compensation</li> </ul>	<ul style="list-style-type: none"> <li>• Do not force motion</li> <li>• No weight bearing through involved shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Week 16: Continue AROM</li> <li>• Week 16: Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises provided: <ul style="list-style-type: none"> <li>◦ Isometrics progressing</li> <li>◦ No compensations during exercise</li> </ul> </li> <li>• Modalities as needed</li> <li>• Week 16: QuickDASH, FOTO PRO</li> </ul>

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- Weeks 24+
- Initiate return to sport progression
  - Initiate plyometric exercise progression
  - Initiate higher level impact activity
  - Focus on form and control during exercise performance
  - Use of appropriate work rest intervals
  - Assess tolerance to activity during, after and at 24 hours after activity
  - Low level sport specific activity, progressing to higher demand activity
  - Continue with Anaerobic and aerobic interval training
  - Continue with core stability per tolerance
    - Multiple planes
    - Stability in all 3 planes of motion
    - Sport specific movements when able
  - Plyometric activities progressing from simple to complex, less load to more load
  - Week 24: QuickDASH, FOTO PRO
  - Week 24: HHD/isokinetic testing
  - 1 year follow up: HHD testing
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