

Protocol for:

- **ROTATOR CUFF REPAIR - MASSIVE**

Must wear sling for 6 weeks!!

- Keep arm at side of body when out of sling for bathing or exercise
- Come out of sling to move elbow, wrist, and hand (3 x daily)
- ***** Sleep in sling

No Strengthening (atleast not until told to by doctor), No Weight training
Will take 6 months – 1 year to rehab

Return to Activities:

•Computer •Eating •Holding a book •Typing •Writing	Immediately
•Golf •Tennis	5 – 6 Months

Rehab:

Modalities and ice for pain	Weeks 1 - 4	<ul style="list-style-type: none"> • No passive ROM of shoulder • Elbow, wrist and hand ROM Only! • Modalities and ice for pain
Phase I (Passive ROM)	Weeks 4 - 8	<ul style="list-style-type: none"> • Pendulums to warm up • PROM <ul style="list-style-type: none"> ○ Supine FF to full ○ Supine ER to full ○ No active shoulder ROM ○ Elbow, wrist and hand ROM *** Continue to sleep in sling *** Modalities: heat/ice, massage for swelling, electrical stimulation
Phase II (Active/Assistive)	Weeks 9 - 12	<ul style="list-style-type: none"> • Pendulums to warm up • AROM with passive stretch to 165° FF • Supine → Seated ER – full • Supine → Seated FF – full • Supine FF → standing wall slides → FF in front of mirror • Start IR • AAROM: Pully's, Doorway ER • Wall washes • Scapular Pinches
Phase III (Resisted)		**Check with doctor first

ROM – Range of Motion
ER – External Rotation
FF – Forward Flexion
IR – Internal Rotation