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## Rotator Cuff Repair Medium Tear (1-3cm)– Type 2

***THIS PROTOCOL IS PROVIDED FOR GENERAL GUIDELINES AND RECOMMENDATIONS. ALL PHYSICIAN ORDERS SUPERCEDED THIS PROTOCOL. IT IS ADVISED THAT THERPAIST USE CLINICAL JUDGEMENT AND DISCRETION IN ADVANCING PATIENTS THROUGH THE PROTOCOL.***

**Sling** - To be worn until 6 weeks post op. Remove for physical therapy, HEP, hygiene and dressing

**If bicep tenodesis is performed, no active biceps for 6 weeks**

### **PHASE 1 – Protective Phase (WEEKS 0-6)**

#### **Goals:**

1. Improve Shoulder range of motion
2. Decrease shoulder pain

#### **Therapeutic Exercise:**

Hand ball squeeze or putty

Wrist ROM and strengthening

Elbow ROM and strengthening

Passive and active scapular ROM

Pendulum Exercises

PROM to the shoulder

0-3 Weeks Flexion to 125 Degrees, ER to 30 Degrees

3-6 Weeks Progress ROM to tolerance

Glenohumeral joint mobilizations

#### **3 weeks post op**

Wand or cane exercises in supine

Pulleys

Submaximal Isometrics



**Modalities:**

Cryotherapy/Ice packs for swelling and pain management  
Electrical stimulation/IFC for pain control and swelling if needed

**PHASE 2 –INTERMEDIATE PHASE (WEEKS 6-12)**

**Goals:**

1. Full non-painful AROM.
2. Improved strength and power
3. Increase functional activities

**Therapeutic Exercise:**

Continue previous exercises as needed  
Progress AA exercises to full AROM of the shoulder  
Active stretches to improve ROM  
Initiate Theraband and isotonic strengthening exercises with emphasis of scapular stabilization and rotator cuff strengthening.  
Add upper body UBE or ergometer

**PHASE 3 – ADVANCED STRENGTHENING PHASE (WEEKS 12-18)**

**Goals:**

1. Maintain shoulder ROM
2. Improve shoulder strength and upper extremity strength
3. Return to functional activities

**Therapeutic Exercise:**

Continue previous exercises  
Continue to increase strengthening program as patient can tolerate  
Add closed kinetic chain UE exercises  
Add functional strengthening exercises for job or sport specific

**PHASE 4 –RETURN TO ACTIVITY PHASE (WEEKS 18-**

**Therapeutic Exercise:**

Continue previous exercises  
Initiate throwing program  
Initiate exercises and conditioning for return to work or sports activities



**RETURN TO WORK and or PLAY**

**Return to work and or playing in sporting events when cleared by physician only.**