



Large/Massive Rotator Cuff Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Decrease swelling 	<p>Abduction sling at all times</p>	<ul style="list-style-type: none"> ● No Passive or Active ROM ● Codman shoulder pendulums <p>Modalities:</p> <ul style="list-style-type: none"> ● GameReady ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Minimal ROM 	<p>Abduction sling at all times until 6 weeks</p>	<ul style="list-style-type: none"> ● Minimal PROM (limit 30 degrees external rotation, 60 degrees flexion, 60 degrees abduction) <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums



<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Begin full PROM ● (full FE, ABD, ER, IR to belt) 	<p>Wean Sling week 7 & 8</p> <p>5 pound weightbearing restriction starting week 8 for 6 weeks</p>	<ul style="list-style-type: none"> ● Progress to full PROM week 8 ● Active assist and AROM week 8, progress to full <p>Manual</p> <ul style="list-style-type: none"> ● Push to get full PROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Isometrics: internal and external rotation, biceps and triceps ● Sidelying external rotation, salutes, prone extension and horizontal abduction ● Starting week 8 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER ● Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension ● Closed chain stability
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Maintain full AROM and PROM 	<p>Increase from 5 pound weightbearing restriction</p>	<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● External rotation strengthening at 45 and 90 degrees ● Bear hugs ● Statue of liberty ● Push-up plus progression
<p>Phase 5 (18+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Strength 80% of contralateral ● Increase muscular power 	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> ● Continue Full A/PROM 	<ul style="list-style-type: none"> ● PNF exercises with resistance ● Decelerations and plyometric external rotation ● <u>24 weeks</u> - Progress to sport-specific and overhead activities