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Massive Cuff Protocol:

Postop Rehab All-Arthroscopic MASSIVE Rotator Cuff Tear Repair: The patient underwent an all-arthroscopic Rotator Cuff Tear repair. The following guidelines should be followed with the noted precautions b/c the Subscapularis was repaired as well: 1) External rotation initially to only 0 degrees, followed by up to 30 degrees by 6 weeks, and 45 degrees by 12 weeks.

Stage I (Maximum Protection 1-6 weeks from the date of surgery)

- Wear sling at all times except to bath and do PROM exercises
- PROM: Pendulums and table slides
- Progress to full passive ROM at 3 weeks
- Cervical muscular stretching and ROM
- Ipsilateral elbow, forearm, wrist, and hand ROM active assist and active
- Modalities to control pain as indicated

Stage II (Moderate Protection 6-12 weeks from the date of surgery)

- D/C sling
- Begin Active-Assistive ROM: flexion to tolerance, ER/IR to tolerance (shoulder 90 degrees abduction)
- Progress to full Active-Assistive ROM progressing to AROM
- Scar care and soft tissue mobilization
- Modalities as necessary

Stage III (Minimum Protection 12-18 weeks from the date of surgery)

- Begin scapular exercises without transfer of resistance through the upper extremity
- Begin submaximal isometrics for shoulder musculature at week 12 (be cautious about location of the RCR)
- Progress scapular exercises with resistance through UE
- Progress isotonic strengthening of rotator cuff musculature to tolerance
- Continue proximal scapular strengthening progression

Stage IV (Return to Activity: Initiate at 24 weeks from the date of surgery)

- Depends on extent of the surgical repair, muscle tissue quality, and physician discretion)



- Continue shoulder girdle and rotator cuff strengthening program progressing to independence
- Progress to more advanced shoulder strengthening
- Initiate sport specific activities and return to sport/work program