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Trans-osseous Rotator Cuff Repair Protocol:

Postop Rehab All-Arthroscopic Small to Large Rotator Cuff Tear (TER) Repair: The patient underwent a Trans-osseous Equivalent Rotator Cuff Tear repair or derivative thereof and therefore may benefit from an accelerated rehab program as outlined below. Additional precautions should be followed because the Subscapularis was repaired and include: 1) External rotation initially to only 0°, followed by up to 30° by 6 weeks, and 45° by 12 wks.

Stage I (Maximum Protection 1-3 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 PROM at 3 weeks
- Cervical muscular stretching and ROM
- Ipsilateral elbow, forearm, wrist, and hand AAROM and AROM
- Modalities to control pain as indicated

Stage II (Max Minus Protection 3-6 weeks from the date of surgery)

- Wear sling at all times except to bath and do ROM exercises
- PROM: Pendulums and table slides
- Scar and wound management
- Formal PT initiated and begin AAROM of the affected shoulder

Stage III (Moderate Protection 6-10 weeks from the date of surgery)

- D/C sling
- Initiate pain free progression of AAROM to AROM exercise within ROM guidelines
- AAROM: flexion to tolerance, ER/IR to tolerance (shoulder 90° abduction)
- Progress to full AAROM
- Begin AROM
- Scar care and soft tissue mobilization

Stage IV (Minimum Protection 10-16 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 10 (be cautious about location of the RC repair)
- Progress scapular exercises with resistance through UE
- Progress isotonic strengthening of rotator cuff musculature to tolerance
- Continue proximal scapular strengthening progression

Stage V (Return to Activity 16-24 weeks from the date of surgery)

- Continue shoulder girdle and rotator cuff strengthening program progressing to independence
- Progress to more advanced shoulder strengthening