

## ROTATOR CUFF REPAIR: PHYSIOTHERAPY

### WEEK 0-1

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Patient to remain in splint for 6 weeks

### WEEKS 1-6

- True PROM only
- ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- No canes/pulleys until 6 weeks post-op
- Heat before PT, ice after PT

### WEEKS 6-12

- Begin AAROM to AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- At 8 weeks, can begin strengthening/resisted motions
- Isometrics with arm at side beginning at 8 weeks

### MONTHS 3-12

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics, bands, light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff overload

- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception  
(es. body blade)
- Begin sports related rehab at 4 1/2 months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months