

**Complex Rotator Cuff Repair Rehabilitation Protocol**

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> <li>Protect surgical site</li> <li>Decrease pain and inflammation</li> <li>PRICE principles</li> <li>Minimize muscle atrophy</li> <li>No shoulder range of motion</li> </ul>	<ul style="list-style-type: none"> <li>No lifting of any object on surgical side</li> <li>No lifting greater than 5 lbs on uninvolved side</li> <li>No pushing/pulling greater than 20 lbs on uninvolved side</li> <li>No excessive arm motions</li> <li>Wear immobilizer with bolster except for hygiene and exercise performance</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder arm hang exercises</li> <li>Active assisted range of motion of elbow, wrist and hand</li> <li>Scapular retraction isometrics</li> <li>Week 2-3: May begin stationary bike <ul style="list-style-type: none"> <li>No use of handle bars</li> </ul> </li> <li>Cryotherapy: 5-7 times per day</li> <li>Initial visit: QuickDASH, FOTO PRO</li> </ul>
Weeks 6-16	<ul style="list-style-type: none"> <li>Maintain integrity of repair</li> <li>Initiate PROM to AAROM to AROM <ul style="list-style-type: none"> <li>Functional AROM at week 16</li> </ul> </li> <li>Functional scapular mechanics at week 16</li> <li>Initiate muscle activation</li> <li>Improve motor control</li> </ul>	<ul style="list-style-type: none"> <li>Sling worn for comfort beginning week 6, wean as tolerated</li> <li>Do not force motion</li> <li>No weight bearing through involved shoulder</li> </ul>	<ul style="list-style-type: none"> <li>Week 6: Supine passive range of motion in all planes of motion</li> <li>Scapular retraction AROM</li> <li>Week 8: AAROM initiated once PROM achieved</li> <li>Week 8: Core/LE training <ul style="list-style-type: none"> <li>No stress to repair</li> <li>Single plane/multi joint exercises</li> <li>Balance/proprioception</li> </ul> </li> <li>Week 10: Shoulder isometrics may be initiated</li> <li>Week 10: AROM initiated once AAROM achieved</li> <li>Week 12: Rhythmic stabilization may be initiated <ul style="list-style-type: none"> <li>IR/ER at 45 degrees in scapular plane</li> <li>Flexion at 100 degrees</li> </ul> </li> <li>Continue with stationary bike <ul style="list-style-type: none"> <li>Up to 30 minutes</li> </ul> </li> <li>Modalities as needed</li> <li>Week 6: QuickDASH, FOTO PRO</li> </ul>
Weeks 16-24	<ul style="list-style-type: none"> <li>Maintain integrity of repair</li> <li>Initiate RTC exercises</li> <li>Initiate scapular stabilizer strengthening</li> <li>Range of motion without compensation</li> </ul>	<ul style="list-style-type: none"> <li>Do not force motion</li> <li>No weight bearing through involved shoulder</li> </ul>	<ul style="list-style-type: none"> <li>Week 16: Continue AROM</li> <li>Week 16: Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises provided: <ul style="list-style-type: none"> <li>Isometrics progressing</li> <li>No compensations during exercise</li> </ul> </li> <li>Modalities as needed</li> <li>Week 16: QuickDASH, FOTO PRO</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics to their injury and procedure.



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| Weeks 24+ | <ul style="list-style-type: none"><li>• Initiate return to sport progression</li><li>• Initiate plyometric exercise progression</li><li>• Initiate higher level impact activity</li></ul> | <ul style="list-style-type: none"><li>• Focus on form and control during exercise performance</li><li>• Use of appropriate work rest intervals</li><li>• Assess tolerance to activity during, after and at 24 hours after activity</li></ul> | <ul style="list-style-type: none"><li>• Low level sport specific activity, progressing to higher demand activity</li><li>• Continue with Anaerobic and aerobic interval training</li><li>• Continue with core stability per tolerance<ul style="list-style-type: none"><li>○ Multiple planes</li><li>○ Stability in all 3 planes of motion</li><li>○ Sport specific movements when able</li></ul></li><li>• Plyometric activities progressing from simple to complex, less load to more load</li><li>• Week 24: QuickDASH, FOTO PRO</li><li>• Week 24: HHD/isokinetic testing</li><li>• 1 year follow up: HHD testing</li></ul> |
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