

**Complex Rotator Cuff Repair Rehabilitation Protocol**

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

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