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## **Massive Open Rotator Cuff Repair/Subscapularis Repair** **Protocol**

### **INDICATED PROCEDURES**

- Subscapularis tendon repair
- Supraspinatus/Infraspinatus tendon repair
- Biceps tenodesis
- Subacromial decompression

### **PHASE 1 (0 to 6 weeks)**

#### **Visits**

- 1-2 visits per week

#### **Goals:**

- Full PROM to pre-determined limits or if no limits, to symmetric ROM

#### **Precautions:**

- Protect anterior deltoid and rotator cuff
- Patient to wear sling or abduction pillow continuously for 4-6 weeks. Subscapularis repairs and wear the sling for 6 weeks. May remove sling for dressing and hygiene. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth and occasional keyboard use. May remove sling for exercises, showering and dressing.

#### **Exercises:**

- Passive range of motion only during the first 6 weeks. 0-90 degrees first 4 weeks, progress to full ROM over weeks 5-12. Subscapularis repairs passive ROM only first 4 weeks with ER elbow at side to 0° first 2 weeks, 30° weeks 3-4, 45° weeks 5-6, and progress to full beginning week 7.
- PROM only to limits determined in operating room. If no limits on prescription, assume patient able to do full ROM. Pendulum (Codman) exercises
  - Wand exercises PROM/AAROM exercises - supine only
  - Strongly suggest home pulley use
  - Ice following treatment and home exercises
  - Scapular stabilization exercises
  - Internal rotation to back pocket only



### **PHASE 2 (6 - 10 weeks)**

#### **Visits:**

- 1 time per week (max) or 1 time every other week

#### **Goals:**

- AROM to 75% of predetermined limits

#### **Precautions:**

- Do not increase inflammation

#### **Exercises:**

- Begin AAROM, advance as tolerated from supine to standing
- AROM, no weight, pain-free arc only
- Scapular stabilization exercises
- Scapular stabilization exercises

### **PHASE 3 (10 weeks to 5 months)**

#### **Visits:**

- 2 visits/week - emphasis on home program

#### **Goals:**

- Full AROM by week 12

#### **Precautions:**

- Do not increase inflammation or overwork cuff 4 oz. weight limit until week 8, then progress as tolerated

#### **Exercises:**

- AROM for all exercises
- Patient should experience only minimal pain with exercises or occurring later in the day
- Scapular stabilization exercises



#### **PHASE 4 (5 - 6 months)**

##### **Visits:**

- 1 time every 2 weeks (max) only if the patient is having significant difficulty.

##### **Goals:**

- Home Program: 7 days/week for stretching/ice

##### **Precautions**

- Limited return to work and sports 4-6 months post-op. Check with Surgeon's office  
Full AROM to pre-set limits.

##### **Exercises**

- Progress on Rotator Cuff exercises with no weight limit. Emphasis is on home program.
- Scapular stabilization exercise
- 4 days/week for strengthening

**This protocol provides you with general guidelines for the rehabilitation of the rotator cuff repair shoulder patients. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.**