

Large or Massive Rotator Cuff Repair/Reconstruction or Superior Capsule Reconstruction Protocol

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**** Please keep in mind, these are guidelines only. Other than specifics regarding slingwear and specific limitations, I trust your expertise to provide the best treatment strategy for my patients** if there are any questions don't hesitate to contact, myself or my team**

Precautions:

****In general: focus on gaining passive motion before focusing on active motion****

**** If biceps tenodesis is performed (arthroscopic or mini open (arm pit incision):**

- No limits to passive elbow ROM or Active non-weighted elbow flexion
- Avoid resisted elbow flexion or forearm supination for the first six weeks post-operatively to avoid stressing the biceps tenodesis

**** If operative report reads "Upper Border Subscapularis Repair****

- **No specific subscapularis precautions need to be followed, just follow general guidelines**

****If traditional subscapularis repair is performed****

- No ER past 30 degrees for 6-8 weeks
- No cross-body adduction for 6-8 weeks
- No active IR or IR behind the back for 6-8 weeks

In general:

1. No active range of motion and sling immobilization until six weeks post-operatively.
2. No strengthening until twelve weeks post-operatively.
3. Three- to five-pound weight lifting restriction until 12 weeks post-operatively.

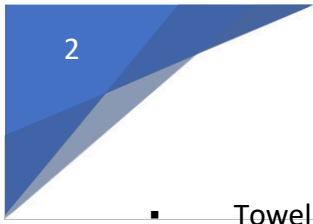
Phase 1: Maximal Protection (0-6 weeks)

GOALS:

- Maintain integrity of the repair
- Gradually increase passive range of motion
- Minimize shoulder pain & inflammatory response
- Ensure adequate scapular & postural function
- Minimize negative effects of immobilization

PRECAUTIONS:

- Proper sling use for 6 weeks even while sleeping (discharged by physician)
- Avoid shoulder AROM before 6 weeks
- ROM should be gradual and never forced (avoid pain or pinching)
- Limit use of UE and avoid lifting with arm.



- Towel roll placed underneath arm to avoid humeral extension for ROM

Phase 2: Minimal Protection (6-12 weeks)

GOALS:

- Allow healing of soft tissue/repair
- Do not overstress healing tissue
- Gradually restore full PROM & initiate AROM
- Minimize shoulder pain & inflammatory response
- Reestablish dynamic shoulder stability

PRECAUTIONS:

- Proper sling use for 6-8 weeks even while sleeping (discharged by physician)
- Avoid shoulder AROM before 8 weeks
- ROM should be gradual and never forced (avoid pain or pinching)
- Limit use of UE and avoid lifting with arm (computer use with supported arm, avoid activation)
- Driving can be performed at 6-8 weeks with modifications
- Towel roll placed underneath arm to avoid humeral extension for ROM

Phase 3: Initial Resistance Strengthening & Proprioception (12-16 weeks)

GOALS:

- Maintenance of full ROM (continue gradual progression PRN)
- Gradual restoration of shoulder strength
- Enhance dynamic shoulder stability
- Gradual return to everyday activities

PRECAUTIONS:

- Avoid lifting with arm and limit overhead activity
- Emphasize proper scapulohumeral rhythm with all below activity
- Towel roll placed underneath arm to avoid humeral extension for ROM

Phase 4: Advanced Strengthening & Proprioception (4-6 months)

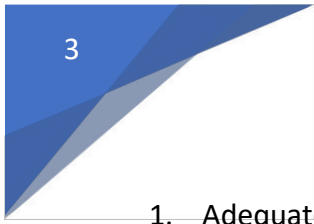
GOALS:

- Maintenance of full non-painful ROM
- Improve muscular strength, endurance and power
- Enhance functional use of upper extremity
- Gradual return to functional activities and/or sport

PRECAUTIONS:

- Do not increase stress to shoulder in a short period or uncontrolled manner
- Do not progress into activity-specific training until full ROM and strength are achieved
- Avoid weight lifting exercises that places undue stress to shoulder (e.g. lat pulldowns behind the head, tricep dips)
- If patient does not perform velocity dependent tasks during work/sport/ADLs do not perform plyometrics

CRITERIA FOR PLYOMETRIC TRAINING



1. Adequate strength of scapular stabilizers & rotator cuff: MMT 4+/5
(70-80% bilateral comparison with handheld dynamometer)
2. Involved extremity ER to IR ratio >66% (isokinetic or handheld dynamometry testing)
3. Pain-free ADLs and with previous strengthening
4. Minimum 3 weeks of multi-plane activity at increased speed of movement