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Rehabilitation Instructions

Massive Rotator Cuff Repairs and Subscapularis Repairs

Slings: Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4-6 weeks unless told otherwise by your physician. If subscapularis is repaired, no active IR for 6 weeks.

Phase I (0-3 weeks):

Range Of Motion (ROM):

- Active ROM Elbow, Wrist, Hand and shoulder blade clock
- **No Passive ROM Shoulder** - Pendulums only

Strengthening Exercises:

- Scapular Stabilization exercises (sidelying)

Phase II (3-5 weeks):

Range Of Motion (AAROM):

- Motion should be achieved slowly. If motion exceeds guidelines discontinue exercise. No internal rotation, hyperextension or pulley ROM for 6 weeks.
- Internal rotation (hand behind back to beltline) by 6 weeks
- Elevation in scapular plane to 130 degrees (pulleys as ROM improves)
- External rotation to 30 degrees

Strengthening Exercises:

- Isometric exercises
- Submaximal deltoid isometrics
- ER/IR submaximal at neutral with towel in axilla

Phase III (5-8 weeks):

Range Of Motion:

- Start 160 flexion, ER to 45 with goal of full FROM by 8 weeks
- Progress to full motion without discomfort (after 8th week)
- Attention to avoid scapulohumeral compensation

Phase IV (8-12 weeks):

Range Of Motion:

- Begin Active ROM

Strengthening Exercises:

- Deltoid and supraspinatus strengthening in pain free zone
- Start Biceps and Deltoid strengthening
- Begin IR/ER rotation tubing

Phase IV (12 –16 weeks):

Strengthening Exercises:

- Start RTC strengthening if no scapular compensation and full ROM
- Keep hands within eyesight and elbows bent
- Progressive strengthening (no military press, pull downs, wide grip bench)

Return to Activities:

- Computer 3 week with elbow supported
- Golf, Tennis, Contact Sports, throwing 6 months