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**Rehabilitation Instructions**

**Massive Rotator Cuff Repairs and Subscapularis Repairs**

**Sling:** 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 8<sup>th</sup> 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