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PATIENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### ROTATOR CUFF PROTOCOL

#### POST OP:

Use cryocuff of ice as much as possible for first 2 days, then as needed for pain.  
Change dressing to light gauze daily for first 4 days, then leave open to air. Leave steri-strips in place.  
You may shower on post op day 3. Keep wound area somewhat dry with plastic over dressing, then change dressing after shower.  
Sleeping in a proper or partially sitting position is more comfortable, as shoulder is elevated.  
First post op check up is 7-10 days for suture removal.  
Call for temperature > 102 degrees, excessive swelling, pain or redness around wound.

#### PHYSICAL THERAPY:

- WEEK 1 Take arm out of sling or cryocuff and move below elbow, wrist and hand at least 4 times a day.  
Keep upper arm and shoulder at your side to protect the repair. Dangling the arm or Pendulum exercises are allowed. Shoulder brace is worn full time, except for therapy, 4-6 weeks depending on the size of the tear.
- WEEK 2-4 Start Physical Therapy; modalities to decrease pain and swelling, passive R.O.M. FF 0 – 120. ABD 0-90, Rotation 45 Degrees. Active elbow, wrist and hand exercises. No active abduction.
- WEEK 5-8 Active assisted R.O.M begins and progresses to regain full R.O.M. Week 6: Advance active motion as tolerated. Also start closed chain exercises for scapula stabilization, d/c brace.
- WEEK 8-12 Start strengthening program with Theraband, especially rotation to strengthen subscapularis and infrapinatus.
- WEEK 10 Advance to pulleys and light weights.
- WEEK 12 Sport specific training or work hardening as needed.

Frequency \_\_\_\_\_ Duration \_\_\_\_\_

Signature \_\_\_\_\_, M.D.