

Dr. Troy Berg

Chippewa Valley Orthopedics & Sports Medicine

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Patient \_\_\_\_\_

D.O.S. \_\_\_\_\_

## ARTHROSCOPIC ROTATOR CUFF REPAIR PROTOCOL ALL SIZES

\*\*PROTOCOL MAY CHANGE DEPENDING ON SIZE OF REPAIR\*\*

	<b>WEEK 1-3 Begins on DOS</b>	<b>WEEK 4-5</b>	<b>WEEK 6-9</b>	<b>WEEK 10-12</b>	<b>WEEK 13+</b>	
<b>PASSIVE SCAPTION</b>	At least 0-60° Move into available range, painfree and as tolerated	At least 0- 90° Keep advancing, painfree	As tolerated			
<b>ACTIVE SCAPTION</b>	None	None	As tolerated			
<b>PASSIVE ER</b>	0-30	As tolerated, do not push through pain. Advance as able.				
<b>ACTIVE ER</b>	None	None	As tolerated			
<b>IMMOB/SLING</b>	yes	yes	Wean, or per MD	no		
<b>P.T. visits/week</b>	1-3	2-3	2-3	2-3	2, weaning to 1	
<b>EXERCISES</b> **For surgery with biceps tenodesis and biceps tenotomy, active elbow flexion avoided for 6 weeks. **  <ul style="list-style-type: none"> <li>• PT visits/week may vary</li> <li>• Individual exercise progression may vary</li> </ul>	AROM (cervical, elbow, wrist & hand) ** Biceps Tenodesis and tenotomy restrictions	AAROM for Flex, ER	AROM (FLEX, ER, IR) (6 weeks)	Start to push IR more aggressively if needed at 10 weeks	AROM (ABD)	
	PROM Scaption/Rotation	Increase PROM for Scaption and Rotation as tolerated Advance to PROM and into AAROM for Abduction at 8 weeks				
	Passive Pendulums					
	Joint mobilizations, Grade I/II to reduce pain.	Advance or progress joint mobilizations based on patient's need				
<b>Any questions, please contact: Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060</b>	Please contact Dr. Berg if patient is not progressing per protocol.	Scapular retraction/depression Swiss ball	Progress with scapular exercises; resistive tubing, row, extension			
		Weight bearing in closed kinetic chain position, stand or sit	Isometrics (at 8 weeks) FLEX, EXT, ER, IR	Manual resistance and/or tubing/theraband PRE's, small weights	Progress prone exercises, horiz abd, scaption, advance weights	
		UBE				
<b>January 2014</b>						