

Rotator Cuff Repair

*see exceptions below

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Patient _____
 DOS _____

	Days 0-14 Begin DOS	POW 2-4	POW 4-5	POW 5-6	POW 7	POW 8-9	POW 10	POW 11-14	POW 15+
Passive Scap/Abd	None	0-90°	0-120°	Advance pain- free					
Passive ER	None	0-30°	0-30°	Advance pain- free					
Passive IR	None	0-30°	0-45° in Scapular plane and @ 90°	Advance pain- free					
Active Scap/Abd	None	None	None	0-90°, initially supine for flex	Flex: advance as tolerated Abd: to 90°				
Active ER	None	None	None	Introduce & advance pain- free	Advance as tolerated				
Active IR	None	None	None	Functional	Advance as tolerated				
Immob/Sling	Yes	Yes	Yes	Wean or per MD					
Exercises *For surgery with biceps tenodesis avoid active elbow flex x 6 wks, biceps strengthening x 8 wks *if subscap or infrap repair delay IR strengthening for 6 wks and limit passive ER to 30° x 4 week *Individual exercise progression may vary	Pendulums 2-3x/day Elbow Flex/Ext 4-6x/day Hand Gripping 4-6x/day Forearm Pro/Sup 4-6x/day Wrist Flex/Ext 4-6x/day Cryotherapy	Joint mobs grade I-II Isometrics (Flex/Ext/ER/IR/ABD) Rhythmic Stabs (IR/ER) Scapular retraction (Isometrics) PROM: Swiss Ball, table flexion, supine wand ER	Prone rows Rhythmic Stabs (multiple angles) Prone Extension Light manual resistance ER in supine Ice/Heat therapy	GH/Scapular joint mobs Sidelying ER Supine Flexion Prone Horiz Abd (Flexed elbow) IR*/ER tubing at 0° abd Light resistance bicep curls* UBE (wk 6) AAROM: Wand in standing/supine (flexion/rotation) Pulley	GH joint mobs grades III-IV as needed AROM: Full can to 90° Lateral raises to 90° Supine serratus punch Add light resistance (1#/ 10 days) for: sidelying ER, prone row, prone ext, bicep curls* Tubing for rows, extension	Continue as previous Initiate light functional activity (waist height)	Prone scaption Prone horizontal Abd (straight elbow) Add isotonic for flexion, Abd (1#/ 10 days)	Posterior capsule stretch (cross body) Progress Strengthening “W” Tubing	D1 + D2 PNF w/ band Push up plus on wall → to counter → to floor Dynamic hug with band IR/ER @ 90° with band Towel IR stretch, Sleeper stretch Doorway ER stretch Planking Progress to sport/ work with MD approval

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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