

Dr. Troy Berg

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A

Altoona, WI 54720

757 Lakeland Drive, Suite B

Chippewa Falls, WI 54729

Patient _____

D.O.S. _____

ARTHROSCOPIC ROTATOR CUFF REPAIR PROTOCOL ALL SIZES

PROTOCOL MAY CHANGE DEPENDING ON SIZE OF REPAIR

	WEEK 1-3 Begins on DOS	WEEK 4-5	WEEK 6-9	WEEK 10-12	WEEK 13+	
PASSIVE SCAPTION	At least 0-60° Move into available range, painfree and as tolerated	At least 0- 90° Keep advancing, painfree	As tolerated			
ACTIVE SCAPTION	None	None	As tolerated			
PASSIVE ER	0-30	As tolerated, do not push through pain. Advance as able.				
ACTIVE ER	None	None	As tolerated			
IMMOB/SLING	yes	yes	Wean, or per MD	no		
P.T. visits/week	1-3	2-3	2-3	2-3	2, weaning to 1	
EXERCISES **For surgery with biceps tenodesis and biceps tenotomy, active elbow flexion avoided for 6 weeks. ** <ul style="list-style-type: none"> • PT visits/week may vary • Individual exercise progression may vary 	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				
Any questions, please contact: Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 September 2015	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				