

## ROTATOR CUFF RECONSTRUCTION USING GRAFT JACKET

### Phase I (1 – 5 days post op.)

Edema: Edema control interventions

Sling: Ultrasling worn continuously except in therapy or during exercise sessions

ROM

Initiate elbow, wrist, hand AROM and shoulder shrugs form early ROM

Strengthening

Isometric grip using exercise ball as much as possible

Modalities—prn for pain & inflammation

### Phase II (5 days – 4 weeks post op.)

Continue Phase I until 2 weeks post-op.

#### Weeks 2-4:

Wound: Monitor site / Scar management techniques

Edema and Modalities: continue Phase I

Sling: Ultrasling worn continuously except in therapy or during exercise sessions

Codman pendulum exercises

PROM:

PROM supine scapular plane

Flex: to tolerance 0-90 degrees

Abduction: 0-90 degrees

ER: 0-30 degrees at modified neutral (do not stretch ER/IR)

AVOID: Extension and Horizontal Adduction

AROM:

Scapular shrugs, scapular retraction, scapular depression

Continue elbow, wrist and hand AROM

Joint mobilizations

Scapular mobilizations

### Phase III (4 weeks – 10 weeks post op.)

Sling: Ultrasling worn continuously, except in therapy or during exercise sessions, until s/p 4 weeks. Sling must continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at s/p 6 wks.

#### Weeks 4-6

PROM:

Flexion: to tolerance 0-120 degrees

Abduction: maintain at 90 degrees until ER increases to 45 degrees then progress abduction to 120 degrees

ER: 0-45 degrees at modified neutral. Slowly increase abduction position during ER/IR to 80-90 degrees by 4 weeks. No aggressive stretching.

Be VERY cautious with IR to avoid tension on the Infraspinatus if repaired.

Continue to AVOID: Extension and Horizontal Adduction

AROM:

Scapular shrugs, scapular retraction, scapular depression

Joint Mobilizations

Grade I-II GH mobilizations in anterior, posterior and inferior directions for pain and spasms

Initiation date: 3/28/11

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Strengthening:

Sub-maximal isometrics for elbow flexion/extension in neutral shoulder position

**Weeks 6-8**

PROM:

Flexion: progress to full ROM as tolerated

Abduction: 150-180 degrees with deviation toward scapular plane

ER: 70-90 degrees

IR: 40-60 degrees

Extension: 30 degrees without stretching

Continue to AVOID Horizontal Adduction

Strengthening:

Supine stabilization exercises for the scapular muscles

Continue isometrics for elbow flexion/extension in neutral shoulder position

Progress to gentle isotonic:

2-5 lb bicep curls and yellow Theraband triceps pull-downs

**Weeks 8-10**

ROM

Full ROM is allowed for PROM, AAROM, and AROM. Focus on proper technique and progress as tolerated.

Strengthening

Progress scapular stabilization exercises to standing and then begin peri-scapular PREs

No resistance exercises for the Rotator Cuff until week 14

Progress to 6 lb curls and increase resistance with triceps pull-downs

**Phase IV (10 weeks + postop.)**

**At week 12:**

ROM: Add PNF movements

**At week 14:**

Initiate light rotator cuff PREs at 0 degrees abduction w/ Theraband and progress to moderate resistance

**Weeks 16-20:**

Moderate RC PREs at 30 degrees of abduction w/ Theraband and progress to high resistance at 60 degrees of abduction

Begin UBE

Begin Closed chain stability exercises

**Weeks 20-24:**

High resistance RC PREs at 90 degrees abduction w/ Theraband

Begin Plyometric exercises

Add gym exercises

Initiate sport specific/job related tasks

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