

Rotator Cuff Repair Dr. Staiger

Time Frame	Treatment	Goals
Phase I Post-Op Day	<ul style="list-style-type: none"> • Consider wound healing, pain/edema control, pain free ROM, and cryotherapy • Dressing change • Instruction on signs/symptoms of infection • Remove pain pump (per Dr) • Instruct pendulums, fist pumps, elbow ROM, scapular retraction and shoulder shrugs 	<ul style="list-style-type: none"> • Independence in HEP of fist pumps, elbow ROM, pendulums, shoulder shrugs, and cryotherapy
Phase II 0-6 Weeks	<ul style="list-style-type: none"> • ROM exercises 4-6 weeks (depending on ROM) • Continue pendulum HEP • AAROM initiate at 4-6 weeks • Core strengthening 	<ul style="list-style-type: none"> • Progression of HEP • Continue scapular stabilization
Phase III 6-12 Weeks	<ul style="list-style-type: none"> • DC Slingshot 3 • Continue HEP • Begin AROM of the shoulder (6 weeks) • ROM all planes (subscap repair 8 weeks) • 8-12 weeks strengthening program max 3 pounds • Large (+)- strengthening 10-12 weeks 	<ul style="list-style-type: none"> • Full ROM all planes at 10-12 weeks • Independent PREs at 10-12 weeks
Phase IV 12-16 Weeks	<ul style="list-style-type: none"> • Continue with strengthening program • Progress to in clinic strengthening as tolerated for shoulder, elbow, and scapular stabilization • OKC and CKC strengthening 	<ul style="list-style-type: none"> • Continued independent PREs progressing to full ROM • Progress to 4-5/5 strength
Phase V 4+ Months	<ul style="list-style-type: none"> • In clinic strengthening as indicated • Progression to health club/HEP • Shoulder/scapular stabilization exercises • Frequency of visits = PRN 	<ul style="list-style-type: none"> • Return to activity as tolerated