

Palmetto Health USC

ORTHOPEDIC CENTER

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ROTATOR CUFF REPAIR TYPE 1 (Small 0-1.5cm)

Postoperative Management (unless advised by MD):

1. Sleep with sling for 4 weeks (optional based on comfort after 1 week)
2. No active shoulder ROM until 6 weeks
3. No driving until off narcotics then, automatic. No manual until 6-8 weeks for right shoulder
4. May remove sling at 4 weeks

Post op Day 1 - 6 wks

1. Pendulums
2. Shrugs
3. Scapula retraction without resistance
4. PROM: to tolerance all ranges of motion
Full PROM by 5 weeks
Horizontal abduction and horizontal adduction for capsular mobility as needed
5. AAROM exercises with pulleys, wand to tolerance (1-5 weeks)
6. Submaximal isometrics ER, IR, Flexion, Extension, Abduction
7. Body Blade: flex/ext and ER/IR (elbow at side)
8. Bicep curls no weight
9. Cryotherapy
10. Rhythmic Stabilization (isometric) to 90 degrees flexion and 0 abd for IR and ER

6 weeks - 8 weeks post op

1. AROM at 6 weeks
2. Light resisted scapula retraction
3. Light resisted elbow flexion
4. Light resisted shrugs
5. Wall walks
6. UBE at 6 weeks

8 weeks – 10 weeks post op

1. Begin strength exercises with thera-band and dumbbells when tolerated
* Resisted scaption (full can), flexion and abduction to 90 degrees
2. Continue to progress resisted elbow flexion, shrugs and scapular retraction
3. Thrower's 10 program

10 weeks +

1. Continue to progress strength training of shoulder and scapular stabilizers
2. Plyometric training, dynamic stabilization activities progressing towards overhead/athletic activities
3. 12 weeks may swing golf club and interval throwing program upon MD approval and completion of plyometric training
4. Instruct in HEP and prepare to D/C