

Palmetto Health USC

ORTHOPEDIC CENTER

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MASSIVE ROTATOR CUFF REPAIR TYPE IV (5.0cm+)

Postoperative Management (unless advised by MD):

1. Sleep with sling for 10 weeks
2. No Active shoulder ROM until 14 weeks
3. No driving until off narcotics—automatic. No manual until 14 weeks for right shoulder
4. May remove pillow at 8 weeks, D/C sling at 12 weeks

Post op Day 1 – 12 weeks

**PT 1 – 2 times per week as needed

1. Pendulums
2. Shrugs
3. Scapula retraction without resistance
4. PROM to tolerance
 - * Begin glenohumeral joint mob at 3 weeks as needed
 - * Horizontal abduction and horizontal adduction for capsular mobility
 - * no ER with subscap repair
5. Bicep curls no weight
6. Cryotherapy
7. IFC/ TENS

8 weeks – 12 weeks post op

Achieve full PROM all planes if not initiate gentle stretching to pain tolerance
Gentle isometrics deltoid and ER/IR

12 weeks – 16 weeks post op

1. Body Blade: flex/ext and ER/IR (rhythmic stabilization) at side
2. AAROM exercises with pulleys and wand
3. Light resisted shrugs
4. Light resisted scapula retraction
5. UBE at 12 weeks
6. Light resisted elbow flexion
7. AROM 14 weeks all planes pain permitting
8. Wall walks pain permitting
9. Instruct in HEP and prepare to D/C when appropriate
10. Begin light strength exercises with thera-band and dumbbells at 16 wks
 - * resisted scaption (full can), flexion and abduction to 90 degrees
11. Instruct in HEP and prepare to D/C when appropriate