

ROTATOR CUFF REPAIR PROTOCOL

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Always consult a medical health professional before performing any of these interventions.

STAGE 1: 0-6 wks Post Op

STAGE GOALS

- Maintain Integrity of Repair
- Don't Over Stress Healing Tissue
- Gradually Increase ROM

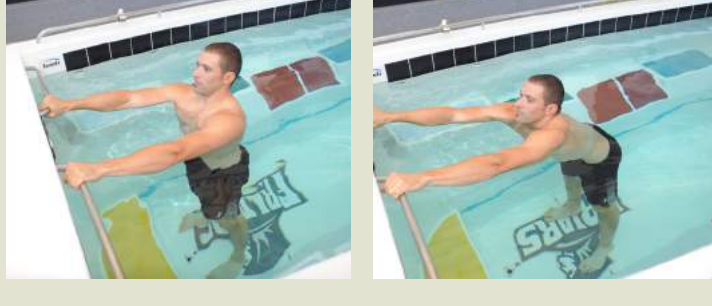
It is highly recommended to protect all surgical incisions from infection. Cover any incision that is open or still has a scab with tegoderm to help prevent infection when in the pool.

EXERCISES

1. Pendulums: Shoulder placed underwater. Let arm relax and hang. Shoulder traction may be progressed using a weight and/or water current.



2. Walkaways: Place hand on bar, stair, or top of pool and slowly walk backward allowing shoulder to stretch into shoulder flexion. This exercise can be used for shoulder scaption and abduction stretching as well.



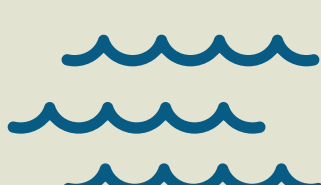
3. Active assistive range of motion, includes: flexion, abduction, external and internal rotation. Use a stick or non-injured surgical arm to gently move and stretch the injured/surgical arm.



4. Active range of motion, includes: flexion abduction, external rotation and internal rotation. Active motion should be started 30 deg/sec (not before 3 weeks).



5. Prone scaption or "Y's": Use a flotation device or pool noodle to help with floating in the prone position. Start with elbow extended and raise the arm with the thumb pointing toward the surface of the water into a "Y" position while pinching the shoulder blades.



6. Push up "plus" against the wall, water current, or as in below picture. Start in a push up position with hands against the wall. Perform scapular protraction and retraction while keeping the elbows extended. (Note: pictured exercise is a high level of difficulty progression)

STAGE 2: 6-12 wks Post Op

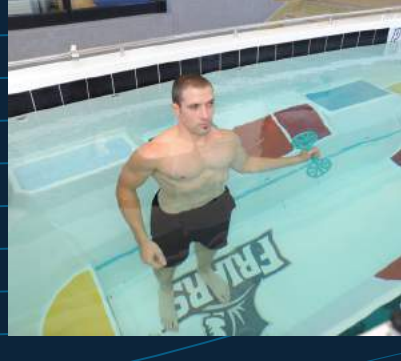
STAGE GOALS

- Maintain Integrity of Repair
- Don't Over stress Healing Tissue
- Gradually Increase ROM to Full
- Re-establish Dynamic Shoulder Stability
- Maintain Integrity

The exercises below can be progressed by increasing speed, moving against current, resistive bands and/or adding a weight or tool that will increase the arm's resistance through water, for example using hydrotones.

EXERCISES

1. Standing External Rotation



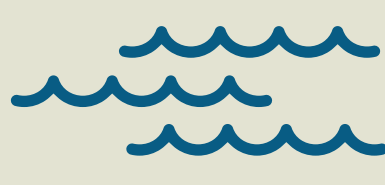
2. Standing Scaption



3. Standing Rhythmic Stabilization Facing Current

4. Standing Horizontal T: Stand in pool and place thumbs facing up toward the surface of the water with elbows extended. Bring the arms back into a "T" position, pinching shoulder blades together.

5. Scapular Retraction: Stand upright and pinch shoulder blades together. This can be performed with elbows straight or extended.



STAGE 3: 12-18 wks Post Op

STAGE GOALS

- Progress Rotator Cuff Strengthening and Scapular Stability
- Progress Functional Training

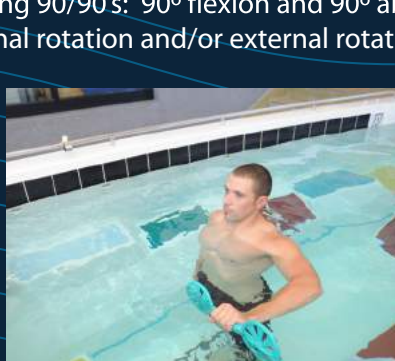
Progress exercises from stage 2 with more speed, current, bands, weight, etc. Make sure that there are no ROM or strength impairments at this point.

EXERCISES

1. Flexion diagonals or PNF motions



2. Standing 90/90's: 90° flexion and 90° abduction with internal rotation and/or external rotation



STAGE 4: 18-26 wks Post Op

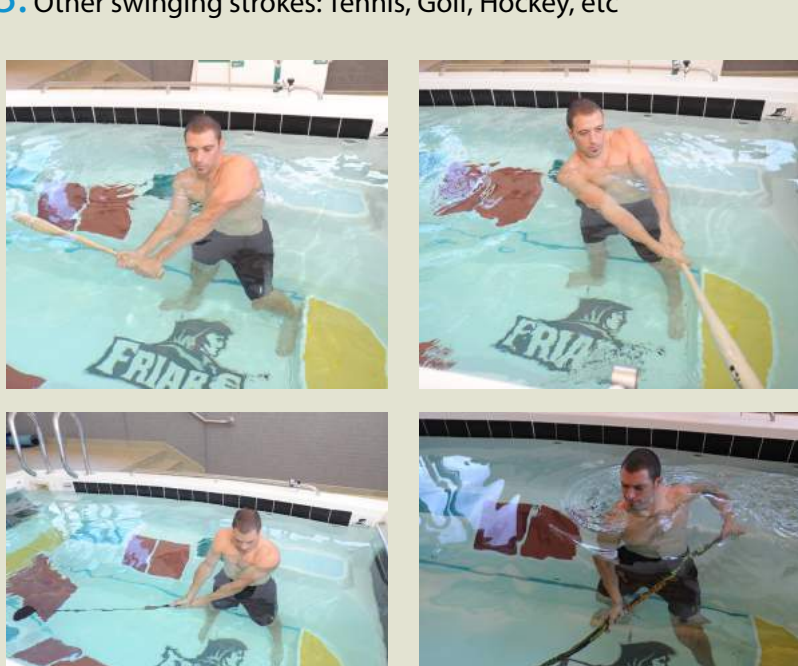
STAGE GOALS

- Begin Light and Slow Sports Specific Movements

Return to sports specific movements. The exercises listed below can be progressed by increasing speed, moving against current, resistive bands and/or adding a weight or tool that will increase resistance.

EXERCISES

1. Baseball swing: perform concentric and eccentrically
2. Throwing motion with footwork (crow hop, pitching wind-up, etc.)
3. Other swinging strokes: Tennis, Golf, Hockey, etc



After this stage patient or client should transition out of pool.



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