



YOUSIF
Orthopedic Surgery

**REHABILITATION PROTOCOL:
REPAIR OF THE ROTATOR CUFF
Matthew Yousif, DO**

PHASE 1: WEEKS 0-6

Restrictions

- ***No active* range of motion exercises**
- Begin active assisted ROM at 6 week.
- Passive ROM exercises only

Supraspinatus/Infraspinatus tears

Subscapularis tears (Isolated)

Weeks	Forward Flexion/ External Rotation/ Abduction/ Internal Rotation
2 weeks	90° / 20° / 20° / Neutral 60° / NO ER / NO ABD / IR 40°
4 weeks	120° / 30° / 40° / Neutral 90° / Neutral / 20° / 40°
6 weeks	140° / 40° / 60° / 20° 120° / 30° / 40° / As tolerated
8 weeks	160° / 60° / 90° / 40° 140° / 40° / 60° / As tolerated

- No strengthening/resisted motions of the shoulder until 12 weeks after surgery
- For tears with high healing potential (small tears, acute, patients under the age of 50, nonsmoker), isometric strengthening, progressing to theraband exercise, may begin at 8 weeks. Strengthening exercises before 12 weeks should be performed with the arm at < 45° of abduction
- No driving for 6 weeks

Immobilization

- Sling for 4 weeks during day/ sling for 6 weeks for sleep

Pain control

- Reduction of pain and discomfort is essential for recovery
- Medications
- Narcotics: for 7-10 days after surgery
- Therapeutic modalities
- Ice, ultrasound
- Moist heat before therapy; ice at the end of the session

Motion: Shoulder

- Passive only- see restrictions above
- Exercises
 - Begin Codman pendulum exercises to promote early motion
 - Passive ROM exercises only

Motion: Elbow

- Passive; progress to active motion
 - 0-130°
 - Pronation and supination as tolerated

Muscle strengthening

- Grip strengthening only

Phase 2: Weeks 6-12

Progressive PROM/AROM

Phase 3: Weeks 12-(16-20)

Progressive strengthening

Phase 4: Starting week 16-20 depending on how progressing with PT and pain control

Back to sport/Golf/work without restrictions