

NWH Rotator Cuff Repair Protocol- Large Tear (3-5 cm)

| Post op-phase | Sling | Precautions | ROM Limitations/Goals | Therex | |
|--|--|--|--|--|--|
| Phase 1 0-8 weeks | <u>Minimal Tension w/arm at side</u> <u>Minimal Tension in 20-40° abduction</u> | No AROM before 8 weeks Prone mid traps 8 weeks Prone lower traps to 60 degrees 8 weeks No Strengthening Exercise No inferior glide mobilizations | 140° flexion 40° ER with arm at side 60° abduction without rotation Neutral IR No additional adduction if immobilized in abduction | ROM Pendulum Passive flexion Passive ER Scapular retraction and depression, Hand, wrist and elbow AROM | Strength No Strengthening |
| Criteria For Progression: 8 weeks has passed; 140° flexion; 40° ER; 60° Abduction | | | | | |
| Phase 2 8-12 weeks | D/C | No strengthening | 160° Flexion 60° ER 90° Abduction | ROM AAROM progressing to AROM Light Stretching | Strength No Strengthening |
| Criteria For Progression: Painless AROM, No shoulder pain or tenderness, satisfactory clinical exam | | | | | |
| Phase 3 3 months to 6 months | D/C | None | Full P/AROM | ROM Stretching, AAROM, AROM daily | Strength Rotator Cuff and Scapular stabilizer program Isometrics progressing to isotonics |