

NWH Rotator Cuff Repair Protocol- Massive Tear (>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 12 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 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 AROM before 12 weeks No strengthening	160° Flexion 60° ER 90° Abduction	ROM Pendulum Passive flexion Passive ER Scapular retraction Hand, wrist and elbow AROM	Strength No Strengthening
Criteria For Progression: Painless AROM, No shoulder pain or tenderness, satisfactory clinical exam					
Phase 3 12 weeks to 6 months	D/C		Full P/AROM	ROM Begin AAROM progressing to AROM	Strength Begin strengthening isometric progressing to isotonic. Rotator cuff and scapular stabilizers.