



Cascade Orthopaedic Group

Sports Medicine, Joint Replacement, Fracture Care and Hand Surgery

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Rotator Cuff Repair General Rehabilitation Guidelines

Weeks 0-3 NO ACTIVE MOVEMENT

- Medication as needed for pain
- Ice for pain and swelling
- Shoulder in sling at all times except to shower and physical therapy
- Initial physical therapy appointment to begin range of motion

Goal:

1. Well healed wounds
2. Good pain control
3. Increase motion by 10° to 15° each plane of movement

Weeks 3-6 NO ACTIVE MOVEMENT

- Continue pain medication and ice as needed
- Discontinue sling except in high risk situations
- Physical therapy 1-2 times per weeks for range of motion
- Scapular range of motion - Shrug -
- Begin active assisted range of motion

Goal:

1. Good pain control
2. Increase range of motion 10°- 15° each direction
3. Control any scapular substitution with movement

Weeks 6-10

- Continue range of motion program passively and active assist
- Begin active range of motions with emphasis on scapular rhythm

Goal:

1. Passive range of motion approaching normal values
2. Active range of motion with good rhythm

Weeks 10-16

- Continue range of motion until equal to normal
- Begin early phase progressive resisted exercises (PRE's)

Goal:

1. Range of motion within normal limits
2. Active range of motion with normal scapular rhythm

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Four to Six Months

- Continue rotator cuff PRE's
- Begin general upper body strengthening exercises
- Begin throwing progression for throwing athletes

Goal:

1. Continued increased strength
2. Progressive return to throwing

Six to Nine Months

- Return to activity
- Continue rotator cuff and general upper body strengthening
- Isokinetic evaluation

Goal:

1. Return to all work and sport activities