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ROTATOR CUFF REPAIR

General Guidelines

- Sling with pillow for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 6 months

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Immobilizer with abductor pillow x 4-6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

PROM by therapist / Active assist motion (AAROM) w/ pulleys or supine w/ wand

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to within 30 degrees of opposite shoulder

Stationary bike (must wear immobilizer)

Ice pack

Weeks 2 – 6

Goals: AAROM to 90 degrees

Therapy:

Continue sling x 6 wks

Continue appropriate previous exercises

Full pendulum exercises

Shoulder shrugs, scapular retraction without resistance

Active assisted motion (AAROM) supine with wand

– ER as tolerated (wand, doorway stretch)

– IR as tolerated **if no subscapularis repair** (wand behind back)

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike (must wear sling)

Weeks 6 – 9

Goals: Full AROM

Therapy:

D/C Immobilizer

Continue appropriate previous exercises AROM, AAROM through full range

Light Theraband ex x 6

Standing rows with Theraband

Prone scapular retraction exercises (without weights)

Biceps and Triceps PReS with light weight

UBE forwards and backwards with low resistance Stairmaster

Treadmill – Walking progression program

Pool walking / running – No UE resistive exercises

Weeks 9 – 12

Goals: Regain full ROM, 30 wall pushups

Therapy:

Continue appropriate previous exercises

AROM, AAROM through full range

Theraband ex – ER, Abduction, Extension Biceps and Triceps PReS

Prone scapular retraction exercises (without weights)

Push-up plus on wall

Body blade

BAPS on hands

Ball on wall (arcs, alphabet)

Elliptical trainer (upper and lower extremities)

Pool walking / running – No UE resistive exercises

Months 3 - 4

Goals: 30 table pushups, Run 2 miles at own pace

Therapy:

Continue appropriate previous exercises

PROM / mobilization as needed to regain full ROM

Light Theraband ex – IR, Adduction, Flexion, Scaption

– Continue ER, Abduction, Extension with increased resistance

Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool walking / running – With UE resistance

Months 4 - 6

Goals: Resume all activities

Therapy:

Continue appropriate previous exercises with increased resistance

Fitter on hands

Ball toss overhead

Push-up progression – Chair to regular

Sit-ups

Weight training with increasing resistance

Swimming

Running progression to track

Transition to home / gym program

Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

