



Mini Open Rotator Cuff Repair
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| | PRECAUTIONS | ROM | EXERCISES |
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| Phase 1: 0-2 weeks 2-3x/week | Pouch Sling with activity and at rest Remove Dressings 3 days post-op | Shoulder PROM only It is passive motion, NOT STRETCHING ER 30 Flexion 90 Abduction 90 | AROM of the neck, hand/grip, wrist, and elbow; Gentle Shoulder PROM **avoid active elbow flexion x 4-6 weeks if biceps tenotomy. Perform active-assisted elbow motion instead** Codman's pendulum exercises 3 x/day |
| Phase 2: 2-6 weeks 2-3x/week | Pouch sling when up | Shoulder PROM only ER to 60 Flexion to 140 IR avoiding pain | Shoulder PROM Wrist (supported) PRE's with light weight; Elbow AROM; Grip Supine wand External rotation PROM (if no subscapularis repair) Scapular Isometrics |
| Phase 3: 6-8 weeks 2x/week | D/C Sling | Begin shoulder AAROM | Active-assisted range of motion: Pulleys, supine wand flexion; "wand-ranger" to 90°; wall crawls UBE - No resistance Begin submaximal shoulder isometrics for IR/ER/Ext. Elbow PRE's (arm at side) Scapular stabilization exercises |
| Phase 4: 8-12 weeks 1-2x/week | | Begin Shoulder AROM Avoid Upper Trapezius hiking | standing wand flexion/abduction Sidelying AROM: ER and Abduction Short lever isotonic IR/ER (cable, theraband) Prone Scapular "I", "T", "Y" Do not push active motion through shoulder shrug sign |
| Phase 5: 12-24 weeks 1-2x/week | MD to determine weight restrictions | Full AROM | Long-lever strengthening, PNF patterns, body blade, wall push-ups, HEP, Continue stretching |
| Phase 6: 6 Months+ | No restrictions | | Work-Specific training Sport-Specific activity, drills, throwing programs. |

MD post op appts: 2 weeks, 6 weeks, 12 weeks, 5 months.
 Please send PT progress notes prior to each of these MD appts.
 This protocol is not a substitute for clinical decision making of the health care professional.
 Please see PT referral for any specific post op instructions.