



Δρ. Χρήστος Κ. Γιαννακόπουλος

Ορθοπαιδικός Χειρουργός, Διδάκτωρ Πανεπιστημίου Αθηνών

Πύργος Αθηνών, Κτίριο Γ', 2^{ος} όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

Τηλ.: 210 7712792 | **Κινητό:** 697 20 999 11 | **E-mail:** cky@orthosurgery.gr

Postoperative Rehabilitation Protocol:

Massive Rotator Cuff Tear

Phase I: Weeks 0-4

GOALS: Minimize pain and swelling, PROTECT healing structures of rotator cuff, Facilitate full passive range of motion, encourage HEP

Immobilization: Sling to be worn at all times except for hygiene and home exercise

Precautions: No AROM

No excessive stretching, sudden movements or excessive motion behind back

No supporting of body weight

Modalities: Cryotherapy

ROM: Home Passive Flexion and ER to tolerance

Use 30 min/session 3x/day for 2-3 weeks

Elbow, wrist and hand ROM to be full

ROM limitations will be directed by MD

No aggressive stretching until okayed by MD

Exercises: Pendulums, elbow, wrist and hand motions including grip strengthening, Table slides, and overhead pulleys for patient PROM

Joint mobilization as indicated (Grades I-II)

Begin scapular control exercises (start in sidelying)

PROM with L-bar/cane for IR/ER at 30-45 ABD at week 3-4

Phase II: Weeks 4-8

GOALS: Minimize postoperative pain and swelling, facilitate full PROM, PROTECT healing structures of rotator cuff, facilitate strength of rotator cuff/scapular stabilizers musculature

Immobilization: wean out of sling at 4-6 weeks

Modalities: Cryotherapy

ROM: PROM expected to be full in all motions by week 8, may aggressively pursue any deficiencies

Begin active/assistive ROM exercises by week 8

Begin AFE supine, progress to AFE sitting

Exercises: Overhead pulleys, canes and pendulum as indicated PROM as above

Joint mobilizations as indicated (Grades I-III)

Begin submax isometrics with arm at neutral for RTC and deltoid at week 6-8

Progress scapular stabilization program (sidelying to prone)

Begin Rhythmic Stabilization (from neutral then progressing ranges as tolerated)

Phase III: 2 Months - 4 Months

GOALS: Minimize postoperative pain, facilitate full PROM and AROM, Protect healing structures of rotator cuff, Maximize strength of rotator cuff/scapular stabilizers, Pursue independent function with upper extremity

Modalities: Cryotherapy

ROM: PROM expected to be full-aggressively pursue any deficits

Begin AROM for RTC with arm at side at week 8

Gradually work on AROM out of neutral, avoid scapular substitution patterns

Exercises: Overhead pulleys, canes, other Active Assistive exercises as indicated
PROM as needed

Joint mobilizations as indicated (Grades III-IV)

Progress scapular active exercises in prone position

Progress pain free multiangle isometrics of RTC/deltoid

Progressing to isotonic strengthening of RTC/deltoid

Progress active resistive exercises throughout-TOTAL ARM STRENGTHENING at 12 weeks

Be sure to watch control and scapular substitution

Avoid overhead resistance exercises

Phase IV: 4+ Months

GOALS: Protect rotator cuff, Maximize strength of rotator cuff and scapular stabilizers muscles, Return to pain free functional sport and/or work activities

Exercises: TAS progression, advancing resistance as tolerated

Throwing program, overhead activities at 4 months