

# **ARTHROSCOPIC OR OPEN ROTATOR CUFF REPAIR/RECONSTRUCTION SHOULDER REHABILITATION FOR MASSIVE TEAR**

(2/2015)

**DR. LEVENE**

**GO SLOWLY!**

**ULTRASLING FOR 8 WEEKS**

**PHASE I** *Post op till 8 weeks*

*Strictly Passive range of motion (ROM)*

*A. First Month*

- Passive Pendulums to warm up, patient can do these independently as well
- Scapular isometrics in sling
- AROM of elbow, wrist, and hand.

*B. Second Month*

- Continue pendulums to warm up
- Start internal rotation after 5<sup>th</sup> week (POD #42)
- Stick assisted external rotation (ER)
- Active range of motion (AROM) elbow, wrist and hand
- Therapist assisted PROM, Home pulleys ok

**PHASE II** *Third post op month (Begin week 9)*

*Active range of motion with terminal stretch*

- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK (Grooming, feeding) No lift greater than one pound
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

**PHASE III** *Fourth month post op*

*Resisted plus continue Phase II*

- Resisted program/Theraband- begin after 12 full weeks postop
- Comprehensive RC and scap stabilizer strength

- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch

## **FROM FIFTH MONTH POST OP FORWARD**

### *WEIGHT TRAINING PROGRAM:*

- No long lever-arm exercises
- No abduction position exercises
- No impingement position
- Begin after week 14 when adequate progress with stiffest theraband

## **RETURN TO ACTIVITIES**

|             |            |
|-------------|------------|
| Ski         | 4-5 months |
| Golf        | 4-5 months |
| Tennis      | 6 months   |
| Heavy Labor | 6 months   |