

# Rotator Cuff Repair (Large - Massive) Rehab Protocol

- Do your exercises 3 times a day.
- Take your pain medication as directed.
- Do not force any motion. It is important to move through each movement slowly and with control.
- No lifting. Do not push through your arms to stand up.

## **0 to 3 Weeks - Sling**

- Wear your sling for 3 weeks, or as directed by your physician/physiotherapist.
- When lying on your back, you may want to put a small pillow under your elbow to support your arm in the sling.
- Use ice for 10 minutes at a time to help with pain relief. Place a cloth between the ice and your skin.
- You are not allowed active movement at the shoulder until you have been directed to do so.

## **3 to 6 Weeks - Pendular Only**

- Pendulum exercise only
- Sling when not performing exercises

## **6 to 9 Weeks - Stage 1 - Active Assisted Range of Movement (ROM)**

- Begin weaning away from sling

## **9 to 12 Weeks - Stage 2 - Active ROM**

- Begin in supine (lying on your back) then progress to 30 degrees/60 degrees/full upright ROM
- Patient must achieve full range at each level before progressing to next

## **12 Weeks:**

- Stage 3 - Strengthening
- Stage 4 - Terminal stretching

## **6 Months:**

- Unrestricted activities
- Avoid heavy lifting and repetitive overhead activities for 6 months

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## Warm-Up Pendulum Exercises - 3 to 6 Weeks



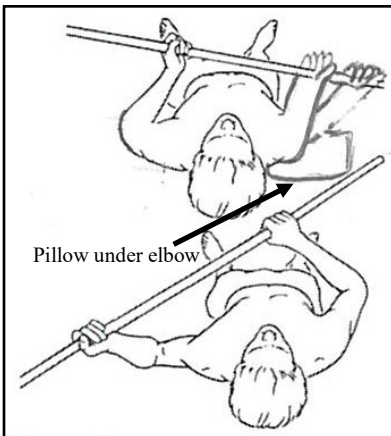
Stand, bending forward from the waist. Hold onto table with good arm.

A. Gently swing sore arm in circles.

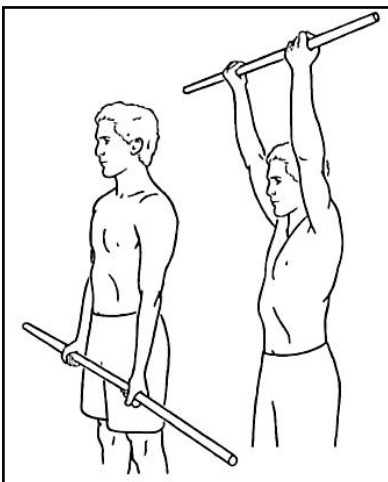
B. Gently swing sore arm backward and forward.

## STAGE 1 - 6 to 9 Weeks

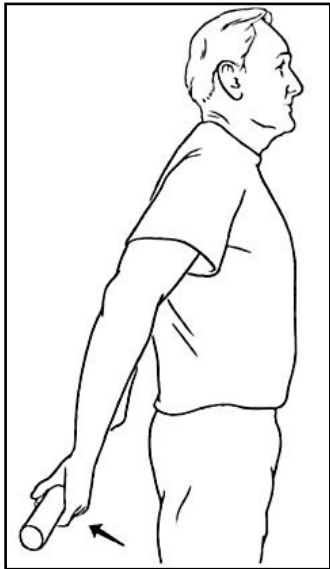
These exercises are called Assisted Exercises. With these exercises your good arm does all the work. Your surgical arm is to remain relaxed while you use your good arm to move it. Perform each exercise 3 times a day, 10 repetitions for each.



Lie on your back with elbows tucked at sides, hold stick as shown. Push with good hand so that the surgical arm rotates away from the body.

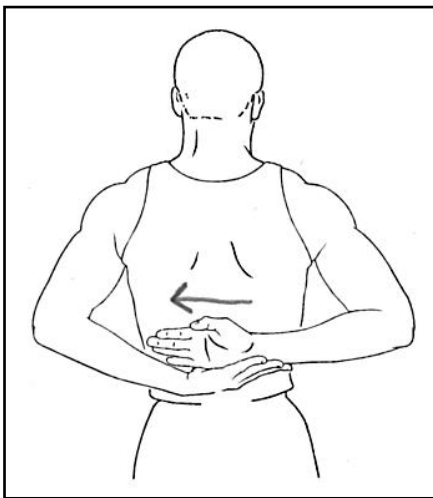


Do lying down on back or in standing. Hold a stick in both hands. Lift arms up as high as possible using the good arm to pull the sore arm up.



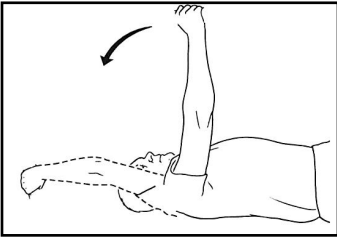
Hold stick behind back. Use good hand to push stick backwards from body as far as possible pulling sore arm along.

Stand straight, don't tilt.

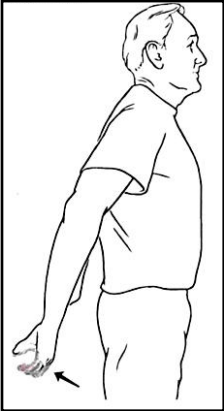


Stand with hands behind back. Hold your sore arm at wrist. Use your good arm to move your sore arm up towards shoulder blades bending elbows.

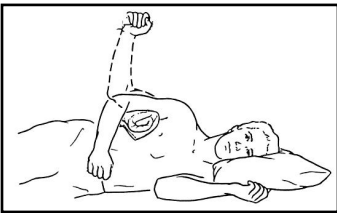
## STAGE 2 - 9 to 12 Weeks



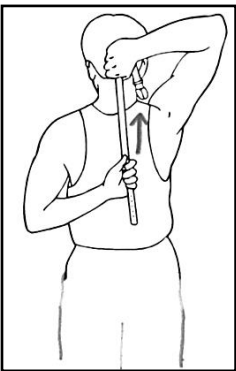
Lift sore arm upward as high as possible. Slowly lower



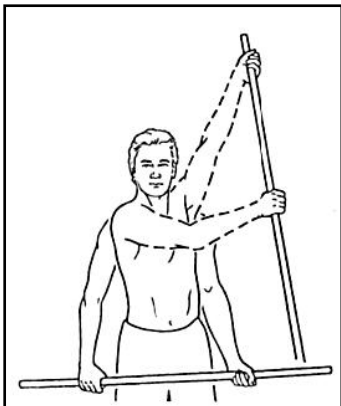
Move sore arm backwards keeping elbow straight. Lift back as far as possible and slowly lower.



Lay on good side keeping elbow bent. Move arm towards ceiling. Keep elbow at your side.

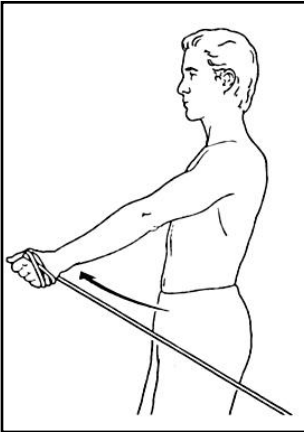


Reach behind your back. Move sore arm up the middle of your back. If this is okay use a towel behind back. Place towel over opposite shoulder and grasp the bottom of the towel with hand of sore arm.

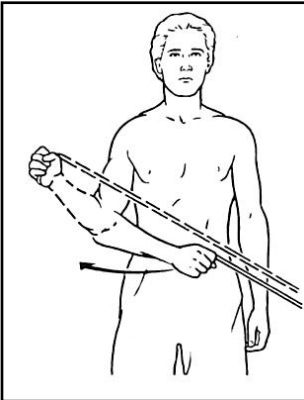


Keep elbow straight. Slowly push affected arm up. Return slowly, keeping affected arm relaxed.

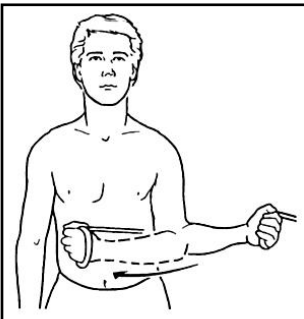
## STAGE 3 - 12 Weeks



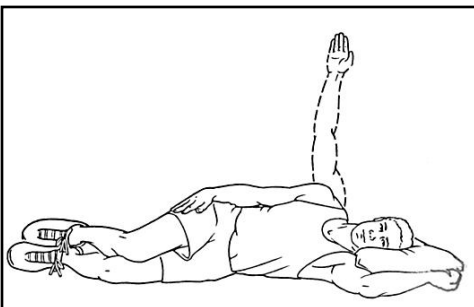
Attach tubing on door knob behind you. Keep elbow straight and pull your arm forward. Lift no higher than shoulder height, lower slowly.



Stand beside door knob with surgical side furthest from the door. Keep elbow tucked beside and pull your hand way from your body. Release back slowly.

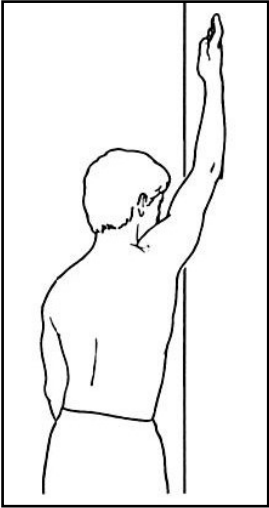


Stand beside door knob with surgical side closest to the door. Keep elbow tucked beside body. Pull hand in towards body, release slowly.

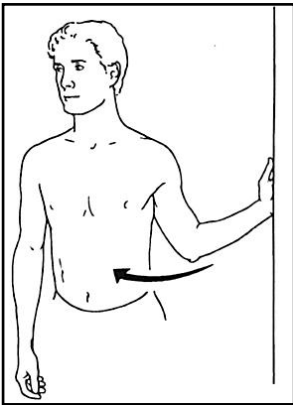


Lie on non surgical side. Keep elbow straight. Keep shoulder blades down and together. Raise arm 45 degrees.

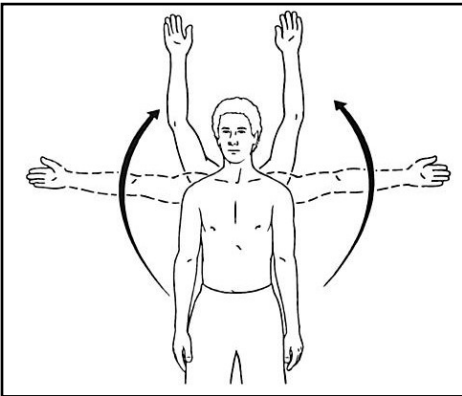
## STAGE 4 - 12 Weeks



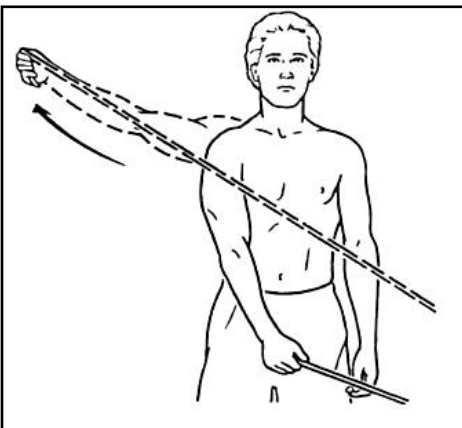
Standing in front of wall, reach up as high as you can keeping elbow straight. Gently lean forward until stretch is felt.



Stand in doorway with hand of affected arm on wall. Slowly turn towards the opposite side (if right arm, turn left). Keep elbow away from trunk.



Lift your arms out to the sides, keeping thumbs pointing up.



Once you are comfortable lifting arm out to side, progress to lifting against gentle resistance. Stand next to door knob, surgical side furthest from door. Lift straight arm away from body. Do not go past shoulder level, keep palm facing out and thumb up.