



**Rehab Practice Guidelines for:
Repair of Rotator Cuff Tears (Uncomplicated)**

Assumptions: 1. Tears \leq 2 centimeters
2. No retraction

Primary surgery: repair of supraspinatus tendon and subacromial decompression
Secondary surgery (possible): distal clavicle excision

Precautions: **NO BEHIND THE BACK INTERNAL ROTATION (TOWEL STRETCH)**
No resisted abduction for 8 weeks (Primary repair, split deltoid)
No *heavy* resisted flexion for 6 weeks (Subacromial decompression)
No additional precautions for distal clavicle excision

Expected # of visits: 18-35

<u>Week 1</u>	<u>Treatment</u>	<u>Milestones</u>
No formal PT Use sling 24 hrs/day No driving	Ice shoulder for pain and inflammation control Remove sling TID for Codman's exercises	Comfortably sleep through the night
<u>Weeks 2-4</u> Begin PT 2-3 visits/week Sling use in crowds and uncontrolled situations TOTAL VISITS 6-9	Modalities for pain and inflammation control as needed Incision mobilization Test glenohumeral accessory motions <i>if hypomobile</i> - Rx: grade III/IV mobilizations <i>if normal mobility</i> - Rx: grade I/II mobilizations for pain control and to prevent adhesions Passive Range of Motion (ROM) exercise in all planes. No IR behind the back. Active ROM in all planes except abduction, focus on scapulo-humeral rhythm and scapular stabilization	No hypomobility or hypersensitivity of scars PROM: Full Horizontal adduction, flexion and abduction. ER/IR at 90 degrees of abduction determined by the surgeon. Full gleno-humeral joint mobility (e.g. inferior, posterior, anterior glides) Normal scapulo-humeral rhythm



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Weeks 5-8 D/C use of sling 1-3 visits/wk TOTAL VISITS 10-21	Begin abduction in gravity minimized positions progressing to gravity resisted Begin with active assisted range of motion; progress to active PRE's for all other shoulder motions	Full PROM for all motions Full AROM for all motions
Weeks 9-10 1-3 visits/wk TOTAL VISITS 13-30	PRE's for all shoulder motions Dynamic stabilization exercises Progress to home exercise program for strengthening	Maintain full AROM and PROM Independent with home exercises Strength increasing
Weeks 12-16 1 visit per week TOTAL VISITS 18-35	Progress strengthening program	Full ROM MMT 5/5 all shoulder motions
Weeks 17-24 Physical therapy is as needed for sport/work specific activities	Begin progression of sport/work specific rehabilitation	Return to sport/work