



# Mid-America Orthopedics

**Dr. Justin Strickland**

1824 E. James, Derby, KS 67037 – (316) 978-9000

## **ROTATOR CUFF REPAIR PROTOCOL STANDARD REPAIR**

With or without SAD/Mumford

### **Day 1-21**

- **Immobilization:** Remain in sling with pillow for 6 weeks.
- **ROM:** PROM to 90 degrees flexion and abduction, 20 degrees ER and IR.  
Include joint mobilization for glenohumeral and scapulothoracic joints  
Scapular retraction/clock exercises

**IF BICEPS TENODESIS: PROM of elbow for first 3 weeks, ok to begin AAROM/AROM of elbow at week #4. Isometric biceps strengthening at 6 weeks and isotonic at 8 weeks**

### **Day 22-42**

- **Immobilization:** Continue with sling and pillow
- **ROM:** PROM in all planes-should be full by week 6 (increase flexion and abduction symmetrically, allow flexion to determine progression. Increase ER and IR symmetrically, allow ER to determine progression).
- Begin manually resisted scapular ex including scapular clock focusing on middle and lower trap  
**Add in pulleys or stick exercises for ROM in clinic**  
May issue for home if patient is limited in ROM and has good understanding of passive nature of pulleys

### **Day 43-56**

- **Immobilization:** Remove sling
- **Strength:** Begin submaximal isometrics and scapular stabilization ex
- **ROM:** Continue with PROM as needed  
Progress to AAROM at home for pulleys/canes, etc.  
Begin gentle AROM in all planes

### **Days 57-84**

- **ROM:** Continue with stretching and other treatments needed for full AROM
- **Strength:** Progress to Rockwoods as able
  - Progress scapular stabilization ex in open and closed chain
  - Begin total arm strengthening
  - Begin isotonics

### **Days 85-112**

- **Strength:** Progress into higher level strengthening tasks
  - Begin endurance activities

### **Day 113-on**

- **Strength:** Continue to progress TAS increasing resistance as able
- **Throwing:** Can begin plyometric throwing and return to sport progression if strength goals met.

Progression within the time frames along with modality usage is left up to the discretion of the treating therapist. Please contact Dr. Strickland if patient is struggling with PROM before their 6-week recheck appointment. If you have questions regarding this protocol, please contact (316) 978-9000. Administrator

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