



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

Assumptions 1. Tears ≤ 2 centimeters
 2. No retraction

Primary surgery: Repair of supraspinatus tendon and subacromial decompression

Secondary surgeries (possible): Distal clavicle excision

Expected # of visits: 18-35

Precautions

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Uncomplicated Rotator Cuff Tear Rehab Protocol

Timeline	Treatment	Milestones
<p><u>Week 1</u></p> <ul style="list-style-type: none"> ▪ No formal PT ▪ Use sling 24 hours/day ▪ No driving 	<ul style="list-style-type: none"> ▪ Ice shoulder for pain and inflammation control ▪ Remove sling TID for Codman’s exercises 	<ul style="list-style-type: none"> ▪ Comfortably sleep through the night
<p><u>Weeks 2-4</u></p> <ul style="list-style-type: none"> ▪ Begin PT ▪ 2-3 visits/week ▪ Sling use in crowds and uncontrolled situations <p>Total Visits: 6-9</p>	<ul style="list-style-type: none"> ▪ Modalities for pain and inflammation control as needed ▪ Incision mobilization ▪ Test glenohumeral accessory motions <ul style="list-style-type: none"> ○ <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 	<ul style="list-style-type: none"> ▪ 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
<p><u>Weeks 5-8</u></p> <ul style="list-style-type: none"> ▪ D/c use of sling ▪ 1-3 visits/week <p>Total Visits: 10-21</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Full PROM for all motions ▪ Full AROM for all motions
<p><u>Weeks 9-10</u></p> <ul style="list-style-type: none"> ▪ 1-3 visits/week <p>Total Visits: 13-30</p>	<ul style="list-style-type: none"> ▪ PRE’s for all shoulder motions ▪ Dynamic stabilization exercises ▪ Progress to home exercise program for strengthening 	<ul style="list-style-type: none"> ▪ Maintain full AROM and PROM ▪ Independent with home exercises ▪ Strength increasing
<p><u>Weeks 12-16</u></p> <ul style="list-style-type: none"> ▪ 1 visit per week <p>Total Visits: 18-35</p>	<ul style="list-style-type: none"> ▪ Progress strengthening program 	<ul style="list-style-type: none"> ▪ Full ROM ▪ MMT 5/5 all shoulder motions
<p><u>Weeks 17-24</u></p> <ul style="list-style-type: none"> ▪ Physical therapy is as needed for sport/work specific activities 	<ul style="list-style-type: none"> ▪ Begin progression of sport/work specific rehabilitation 	<ul style="list-style-type: none"> ▪ Return to sport/work