J. Winslow Alford, MD
Orthopedics Rhode Island
www.orthopedicsri.com
Phone: 401-777-7000 ext. 801
Fax: 401-738-3777
300 Crossings Blvd, Warwick, RI 02886

**Accelerated Small/medium Primary Arthroscopic Rotator Cuff Repair Protocol**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_\_\_Weeks 1-4:

• Sling for 7-10 days only, until post-op visit and suture removal.
• Discontinue use of the sling completely after post operative visit, 7-10 days postop. Hand in pants
 pocket for rest as needed.
• Passive Abduction, external rotation and forward elevation only for the first 4 weeks
• No active abduction or forward elevation for the first 4 weeks.
• ROM goals: 140º FF/40º ER at side; ABD max 60-80º without rotation
• No resisted motions of shoulder until 12 weeks post-op
• Grip strengthening
• No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
• Heat before PT, ice after PT

\_\_\_\_\_\_Weeks 6-12:

• Begin AAROM & AROM as tolerated
• Goals: Same as above, but can increase as tolerated
• Light passive stretching at end ranges
• No strengthening/resisted motions yet, except grip strengthening
• Isometrics with arm at side beginning at 8 weeks

\_\_\_\_\_\_Months 3-12:

• Advance to full ROM as tolerated with passive stretching at end ranges.
• Emphasize *internal rotation gains*, measured by posterior thumb height compared to contralateral.
• Advance strengthening as tolerated: isometrics, bands & light weights (1-5 lbs); 8-12 reps/2-3 sets per
 rotator cuff, deltoid, and scapular stabilizers
• Only do strengthening 3x/week to avoid rotator cuff tendonitis
• Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex. body
 blade)
• Begin sports related rehab at 4 ½ months, including advanced conditioning
• Return to throwing at 6 months
• Throw from pitcher’s mound at 9 months
• Collision sports at 9 months
• MMI is usually at 12 months post-op

Comments:

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_