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**Revision Rotator Cuff Repair/Superior Capsule Reconstruction Protocol**

**POST-OP DAYS 1-14**

- Immobilizer abduction pillow-even while sleeping
  - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion with shoulder in neutral position
- Supported pendulum exercises
- Shoulder shrugs / scapular retractions without resistance
- Stationary bike (must wear immobilizer)
- Ice pack

**GOALS**

- Pain control
  - Protection of graft/surgical sites
  - Maintenance of wrist/elbow range of motion, grip strength
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**WEEKS 2-3**

- Begin PROM
- Pendulums
- Table Slides

**GOALS**

- PROM
    - o Flexion to 90°
    - o Abduction to 90°
    - o ER to 30°
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## **WEEKS 3-6**

- Discontinue sling at 6 weeks
- Continue appropriate previous exercises
- Begin isometrics of the shoulder at 4-6 weeks
- Pendulum exercises

### **GOALS**

- PROM
    - Flexion to 130
    - Abduction to 90
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## **WEEKS 6-9**

- Continue appropriate previous exercises
- Begin AAROM/AROM around 6 week
  - AAROM-Flexion and Abduction > 90° (pulleys, supine wand)
  - ER as tolerated (wand doorway stretch)
- Standing rows with theraband
- Theraband IR/ER
- Prone scapular retraction exercises without weights
- Biceps and triceps exercises without weight
- Stairmaster
- Treadmill-walking progression program
- Pool walking/running

### **GOALS**

- AAROM Flexion and Abduction to 150°
  - PROM
    - Flexion to 160-170°
    - External rotation to 60°
    - Abduction to 90°
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### **WEEKS 9-12**

- Begin strengthening rotator cuff in neutral around 8-9 weeks
  - Without resistance
  - Sidelying ER
- Continue appropriate exercises
- Seated row with light weight
- Body Blade at side
- Ball on wall (arcs, alphabet)
- Ball toss with arm at side using light ball
- Elliptical

### **GOALS**

- AAROM, AROM through functional range without pain
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### **WEEKS 12-16**

- Light or un-resisted rotator cuff exercises
- Push up on wall

### **GOALS**

- Maintain AAROM/AROM
  - Protect graft during re-vascularization (decreased strengthening exercises)
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### **MONTHS 4-6**

- Begin increasing resistance on theraband exercises as tolerated
- Push up progression (table to chair)
- Light plyometric exercises
- Body blade with abduction

### **GOALS**

- Functional AROM
  - Normal rotator cuff strength
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## **MONTHS 6-8**

- Weight training with light resistance
- Regular push ups
- Sit ups
- Running progression to track
- Transition to home/gym program

## **GOALS**

- Return to all activities
  - Range of Motion
    - o Elevation: 115°-180°
    - o External Rotation: 23°-57°
    - o Internal Rotation to L1
  - Strength
    - o Abduction: 5- or greater
    - o External Rotation: 5- or greater
    - o Internal Rotation: 5 or greater
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