

Rotator Cuff Reconstruction Using Graft Jacket

Phase I (1 – 5 days post op.)

- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM
 - Initiate elbow, wrist, hand AROM and shoulder shrugs form early ROM
- Strengthening
 - Isometric grip using exercise ball as much as possible
- Modalities--prn for pain & inflammation

Phase II (5 days – 4 weeks post op.)

Continue Phase I until 2 weeks post-op.

Weeks 2-4:

- Wound: Monitor site / Scar management techniques
- Edema and Modalities: continue Phase I
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- Codman pendulum exercises
- PROM:
 - PROM supine scapular plane
- Flex: to tolerance 0-90 degrees
- Abduction: 0-90 degrees
- ER: 0-30 degrees at modified neutral (do not stretch ER/IR)
- AVOID: Extension and Horizontal Adduction
- AROM:
 - Scapular shrugs, scapular retraction, scapular depression
 - Continue elbow, wrist and hand AROM
- Joint mobilizations
 - Scapular mobilizations

Phase III (4 weeks – 10 weeks post op.)

- Sling: Ultrasling worn continuously, except in therapy or during exercise sessions, until s/p 4 weeks. Sling must continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at s/p 6 wks.

Weeks 4-6

- PROM:
 - Flexion: to tolerance 0-120 degrees
 - Abduction: maintain at 90 degrees until ER increases to 45 degrees then progress abduction to 120 degrees
 - ER: 0-45 degrees at modified neutral. Slowly increase abduction position during ER/IR to 80-90 degrees by 4 weeks. No aggressive stretching.
 - Be VERY cautious with IR to avoid tension on the Infraspinatus if repaired.
 - Continue to AVOID: Extension and Horizontal Adduction
- AROM:
 - Scapular shrugs, scapular retraction, scapular depression



- Joint Mobilizations
 - Grade I-II GH mobilizations in anterior, posterior and inferior directions for pain and spasms
- Strengthening:
 - Sub-maximal isometrics for elbow flexion/extension in neutral shoulder position

Weeks 6-8

- PROM:
 - Flexion: progress to full ROM as tolerated
 - Abduction: 150-180 degrees with deviation toward scapular plane
 - ER: 70-90 degrees
 - IR: 40-60 degrees
 - Extension: 30 degrees without stretching
 - Continue to AVOID Horizontal Adduction
- Strengthening:
 - Supine stabilization exercises for the scapular muscles
 - Continue isometrics for elbow flexion/extension in neutral shoulder position
 - Progress to gentle isotonic:
 - 2-5 lb bicep curls and yellow Theraband triceps pull-downs

Weeks 8-10

- ROM
 - Full ROM is allowed for PROM, AAROM, and AROM. Focus on proper technique and progress as tolerated.
- Strengthening
 - Progress scapular stabilization exercises to standing and then begin peri-scapular PREs
 - No resistance exercises for the Rotator Cuff until week 14
 - Progress to 6 lb curls and increase resistance with triceps pull-downs

Phase IV (10 weeks + postop.)

At week 12:

- ROM: Add PNF movements

At week 14:

- Initiate light rotator cuff PREs at 0 degrees abduction w/ Theraband and progress to moderate resistance

Weeks 16-20:

- Moderate RC PREs at 30 degrees of abduction w/ Theraband and progress to high resistance at 60 degrees of abduction
- Begin UBE
- Begin Closed chain stability exercises

Weeks 20-24:

- High resistance RC PREs at 90 degrees abduction w/ Theraband
- Begin Plyometric exercises
- Add gym exercises
- Initiate sport specific/job related tasks