

## Massive Cuff Repair with Physical Therapy Protocol/Prescription

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery :** \_\_\_\_\_**Weeks 0-6:**

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Patient to remain in immobilizer for 6 weeks

**Weeks 6-8:**

- True PROM only! The rotator cuff tendon needs to heal back into the bone
- **ROM goals:** 140° FF/40° ER at side; ABD max 60-80° without rotation
- Grip strengthening
- No canes/pulleys until 8 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

**Weeks 8-12:**

- Begin AAROM AROM as tolerated
- **Goals:** Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- Isometrics with arm at side

**Months 3-12:**

- Advance to full ROM as tolerated with passive stretching at end ranges
- 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, plyo (ex. Weighted ball toss), proprioception (es. body blade) begin at week 16
- Only do strengthening 3x/week to avoid rotator cuff tendonitis

- MMI is usually at 12 months post-op

**Comments:****Frequency:** \_\_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_