



# WAYPOINT

## ORTHOPAEDIC ASSOCIATES

### **Rotator Cuff Repair +/- Acromioplasty/Mumford**

#### **Phase I: 0 to 2 weeks after surgery**

Goals:

1. Protect the rotator cuff repair
2. Ensure wound healing

Activities:

1. Sling: Use your sling all of the time.
2. Use of the affected arm: You may use your hand on the affected arm in front of your body but DO NOT raise your arm or elbow away from your body. It is all right for you to flex your arm at the elbow and wrist ONLY.

Also:

- \*No Lifting of Objects
- \*No Excessive Shoulder Extension
- \*No Excessive Stretching or Sudden Movements
- \*No Supporting of Body Weight by Hands
- \*No Strengthening until 12 weeks postop**

#### 3. Showering

You may shower and wash the incision area. To wash under the affected arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position.

Exercise Program: Pendulum exercises as instructed, Scapular retractions, Elbow/Wrist/Hand ROM

ICE:

Days per Week: 7

Times per Day: 4-5x per day for 20 minutes. Protect skin with a T-shirt or cloth.

**Criteria for Progression to Phase II:** 2 weeks of tendon healing

## **Phase II: 2 to 6 weeks after surgery**

Goals:

1. Protect the rotator cuff repair
2. Regain full **passive** range of motion of the shoulder

Activities

1. Sling: **Continue your sling for a total of 6 weeks.**
2. **\*No Strengthening until 12 weeks postop**
3. Use of the operated arm: No lifting your arm away from your body, since this is the action of the tendon that was repaired.
4. Bathing and showering: Continue to follow the instructions from phase one and the instructions above.

Exercise Program

The exercises listed below may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

### **STRETCHING**

Days per week: 5-7

Times per day: 1-3

### **Stretching**

Scapular retraction exercises

Pendulum exercises

Supine Passive External Rotation (Limit to 40 degrees external rotation weeks 4-6)

Standing Passive External Rotation (Limit to 40 degrees external rotation weeks 4-6)

Supine passive arm elevation (Limit to 140 degrees weeks 4-6)

Behind the back internal rotation (Limit to T7-T8 weeks 4-6)

Supine passive external Rotation with Abduction

Passive external rotation @ 90° abduction

Supine Cross-Chest Stretch

Wall slide Stretch

Progress passive range of motion in all planes.

Gentle scapular/glenohumeral joint mobilization to regain full

**Criteria for Progression to Phase III:** Full PROM on the repaired side with minimal signs of scapular dyskinesia and minimal to no pain. 6 weeks of tendon healing.

### Phase III: 6-12 weeks after surgery

Goals:

1. Protect the rotator cuff repair
2. Regain full **active** range of motion

Activities:

Use of the operated arm: You may now safely use the arm for normal daily activities involved with dressing, bathing and self-care. You may raise the arm away from the body; however, you should not raise the arm when carrying objects greater than one pound. Any forceful pushing or pulling activities could disrupt the healing of your surgical repair.

**\*No Strengthening until 12 weeks postop**

Exercise Program

The exercises below form a list that may be gradually integrated into the rehabilitation program under the supervision of your doctor and/or physical therapist.

#### STRETCHING / ACTIVE MOTION

Days per week: 3

Times per day: 1

#### Stretching

Pendulum exercises

Supine external Rotation

Standing external Rotation

Supine passive arm elevation

Behind the back internal rotation

Hands-behind-the-head stretch

Supine cross-chest stretch

Sidelying internal rotation stretch

External rotation at 90° abduction stretch

Wall slide Stretch

#### Active Assist range of motion progressed to active range of motion in all planes:

Side-lying External Rotation

Prone Horizontal Arm Raises “T”

Prone scaption “Y”

Prone extension

Standing forward flexion (scaption)

Sidelying internal rotation stretch

Prone row

Scapulohumeral rhythm exercises

Proprioception drills

**Criteria for Progression to Phase IV:** Patient is able to perform active motions at multiple angles with minimal signs of scapular dyskineses. Minimal to no post operative pain.

### **Phase IV: 12 to 20 weeks after surgery**

#### Goals:

1. Continue to protect the repair by avoiding excessive forceful use of the arm or lifting excessively heavy weights.
2. Restore full shoulder motion
3. Restore full shoulder strength
4. Gradually begin to return to normal activity

#### Activities:

1. Sports that involve throwing and the use of the arm in the overhead position are the most demanding on the rotator cuff. Your doctor and sports physical therapist will provide you with specific instructions on how and when to return to golf, tennis, and volleyball, swimming and throwing.
2. For people who wish to return to training with weights, you're your doctor will give you guidelines regarding the timing and advice when returning to a weight-training program.
3. The following timetable can be considered as a minimum for return to most activities:

Ski: 6 months

Golf: 6 months

Weight Training: 6 months

Tennis: 6 -8 months

Swimming: 6-8 months

Throwing: 6 months

Before returning safely to your activity, you must have full range of motion, full strength and no swelling or pain. Your doctor or physical therapist will provide you with a specific interval-training program to follow when it is time to return the above activities.

#### **STRETCHING / ACTIVE MOTION / STRENGTHENING**

Days per week: 3

Times per day: 1

#### **Stretching**

Behind the back internal rotation

Standing External Rotation / Doorway

Wall slide Stretch

Hands-behind-head stretch

Supine Cross-Chest Stretch

Sidelying internal rotation (sleeper stretch)

External rotation at 90° Abduction stretch

#### **Theraband Strengthening**

External Rotation

Internal Rotation

Standing Forward Punch

Shoulder Shrug

Dynamic hug

*Optional for Overhead Sports:*

*External rotation at 90°*

*Internal rotation at 90°*

*Standing 'T's*

*Diagonal up*

*Diagonal down*

### Dynamic Strengthening

*It is recommended that these exercises be started at 1lb and do not exceed 5lb.*

Side-lying External Rotation

Prone Horizontal Arm Raises "T"

Prone scaption "Y"

Prone row

Prone extension

Standing Forward Flexion

Standing forward flexion "full-can" exercise

Prone external rotation at 90° abduction "U's

Push-up progression