

POST OP Large RCR Repair

Phase I: (0-6 weeks)

Goals:

Protect surgery
Decrease pain and inflammation
Gentle passive ROM
Patient education

Plan:

Ultra Sling (0-6 weeks depending on repair)
Hand, elbow, wrist exercises immediately post op in sling
Cervical spine stretches
Modalities PRN
Scapular mobilization and muscle tone
Thoracic mobilization

At 4-6 weeks post op:

Aquatic Therapy
Pendulums – may begin at 2-3 weeks
PROM (flexion to 90 degrees, abduction to tolerate – being cautious with this movement, IR/ER as tolerated at 30 degree shoulder abduction)
Phase II: (6-12 weeks)
Goals:
Control pain and inflammation
Continue to work on ROM throughout phase; use caution through-out
Begin gentle strengthening

Plan:

Modalities PRN
Aquatic therapy combined with gentle resistive activity
Scapular and glenohumeral mobilization
PROM (caution with flexion)
Begin scapular strengthening
Isometric IR/ER
Biceps/triceps strengthening
UBE

Phase III: (12-24 weeks)

Goals:

Functional ROM
Improve strength/neuromuscular control
End phase being sport/activity training

Plan:

Stretching PRN
Instruct in self-stretching
Increase strength and endurance of upper quadrant
Begin machine weighted exercise
Begin coordination exercises
Biodex training/testing if requested by M.D.

Phase IV: (24+ weeks)

Goals:

Maximum ROM
Increase strength
Return patient to sport/activity

Plan:

Self-stretching
Strengthening RTC at 0 degrees, 45 degrees, and 90 degrees
Advanced machine weighted exercises
Specific sports related activities

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks