

POST OP Medium RCR Repair

Phase I: (0-6 weeks)

Goals:

Protect surgery
Decrease pain and inflammation
Increase pain-free ROM
Maintained distal muscle strength
Patient education

Plan:

Ultra Sling (0-6 weeks)
Modalities including heat, IFC, ultrasound
Hand, wrist, and elbow exercises
Cervical spine stretches
Pendulum exercises
Scapular mobilization and strengthening
Being PROM: Gentle flexion to 90°, abduction, ER and IR as tolerated
Aquatic therapy after 3 weeks
Cane exercises at end of Phase I
HEP

Phase II: (6-12 weeks)

Goals:

Control pain and inflammation
Functional ROM by end of Phase II
Begin Strengthening
Able to preform self-care ADL's with involved extremity

Plan:

Modalities PRN
AAROM with cane: all directions as tolerated
PROM: all directions as tolerated w2ith caution into flexion
Glenohumeral joint mobilization
Isometric rotator cuff strengthening progressing to Theraband exercises
UBE (mid Phase II)
PNF for scapular and shoulder
HEP

Phase III: (12-24 weeks)

Goals:

- Full pain-free ROM
- Pain free overhead activities
- Improve strength and neuromuscular control (80% normal strength)
- Progress activity specific exercises
- Improve endurance

Plan:

- UBE
- Self-stretches
- Progress rotator cuff and scapular strengthening
- Machine weighted strengthening
- Begin coordination exercises (ball toss, Body Blade, etc.)
- Biodex testing/training if requested by M.D.

Phase IV: (24+ weeks)

Goals:

- Improve strength (100%)
- Return to sport/activity

Plan:

- Self-stretches
- Progress strengthening, coordination and endurance exercises
- Sport/activity specific exercise

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

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