

## POST OP Small RCR Repair

### Small Sized Full Rotator Cuff Repair Protocol Repaired Opa Or Mini Open Techniques

#### Phase I: (0-6 weeks)

##### Goals:

Protect surgery  
Decrease pain and inflammation  
Increase pain free ROM  
Patient education

##### Plan:

#### Ultra Sling (0-6 weeks):

\*\*Sling is off while sitting and with exercise after 2 weeks  
Pendulum activities/cane AAROM (avoid flexion 1st three (3) weeks)  
Pulley-scapion (per M.D. approval for use of pulleys)  
Cervical spine stretches  
Scapular mobilization  
Scapular strengthening  
Thoracic mobility  
PROM – avoid flexion >90 degrees first 3 weeks; begin all other ROM  
Initial biceps and triceps strengthening  
Aquatic therapy  
Isometric IR/ER at end of Phase I  
Modalities as needed: ice, electrical stimulation, etc.

#### Phase II: (6-12 weeks)

##### Goals:

Control pain and inflammation  
Functional ROM near end phase  
Begin/increase strengthening  
HEP

##### Plan:

Modalities PRN  
Scapular and glenohumeral joint mobilization  
Advance scapular stabilization and strengthening  
Gradual RTC IR/ER and supraspinatus strengthening with Theraband  
Gentle deltoid strengthening when RTC is good  
Begin UBE mid Phase II  
Advance Phase I strengthening  
Aquatic therapy

**Phase III: (12-24+ weeks)**

**Goals:**

Functional ROM  
Improve strength  
Improve power  
Return to sport/activity

**Plan:**

Self-stretches to shoulder  
Continue RTC, scapular and deltoid strengthening  
Machine weighted strengthening  
Coordination exercises (ball toss, Body Blade, etc.)  
Progress back to work or sport/activity  
Biodex testing if requested by M.D.

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

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