



Post-operative protocol: Rotator Cuff Debridement

Start formal physical therapy at 2 weeks

PHASE I: Maintain and Progress ROM (*0 to 6 weeks*)

- May discontinue sling.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Supine active assist forward elevation to 90 degrees
- Lifting restriction of 5 pounds should be reinforced with patient.
- Start AAROM and AROM – includes pulleys, wand and supine gravity assisted exercises. Emphasize all motions including IR behind the back.
- Isolate and strengthen scapular stabilizers.
- Progress PROM and terminal capsular stretching of the shoulder as needed.
- May start gentle rotator cuff strengthening at 2 weeks

PHASE II: Strengthening (*> 6 weeks*)

- Discontinue formal lifting restrictions.
- Advance rotator cuff and shoulder strengthening (Theraband, dumbbells, Hughston's exercises, etc). Include home cuff strengthening program. Continue to emphasize scapular stabilizers.
- Equate active and passive range of motion. Encourage scapulohumeral mechanics during active shoulder motion.
- Simulate work/recreational activities as rotator cuff strength and endurance improve.