

DR. SAFRAN'S THERAPY PROTOCOL

For *ARTHROSCOPIC*

Rotator Cuff Repair (including Subscap) and Biceps Tenodesis

I. MAXIMAL PROTECTION PHASE (0 - 6 Weeks)

- A. Sling at all times (except grooming and exercises)
- B. No Active Shoulder Motion
- C. PASSIVE ROM – to
 - 1. 90⁰ Forward Elevation
 - 2. 0⁰ ER with arm at Side
 - 3. Abduction to no more than 60⁰ without rotation
- D. Isometrics in the sling (in internal rotation)
- E. Ice or TENS for pain control
- F. Active movement -
 - 1. Elbow flexion - extension
 - 2. Grip strengthening
- G. No active elbow flexion/supination until 4 weeks post-op
 - 1. PROM and AAROM elbow from 0-4 weeks; maintain only PROM with shoulder)
- H. Recommended sleeping/resting position if pain is persistent:
 - 1. Semi-reclined position, pillow support for arm so that arm is parallel to body
- I. Electrical Stimulation to rotator cuff (electrode sites at supraspinatus and posterior, mid or anterior deltoid)
 - 1. Dosage 15 seconds on, 35 seconds off for 15 minutes once/day
- J. No resisted motions of the shoulder until 12 weeks post-op!
- K. No canes / pulleys until 6 weeks post-op, because these are active assist exercises

II. MODERATE PROTECTION PHASE (6 - 12 Weeks)

- A. PROM
- B. AAROM Exercises
- C. Progress from AAROM to AROM
 - 1. Quality movement only
 - a) Avoid forcing active motion with substitution patterns
 - 2. Remember the effects of gravity on the limb. Do gravity eliminated motions first, i.e., supine flexion.
- D. Advance AROM as tolerated
 - 1. ROM Goals – increase as tolerated
- E. Light Passive Stretching at End Range
- F. Active Elbow Exercises
- G. Active Wrist Exercises

- H. Active Scapular Exercises in Neutral
 - 1. Shrugs
 - 2. Depression
 - 3. Protraction
 - 4. Retraction
 - 5. Progress to light resistance on scapular motions (low weight/high repetitions) then continue to progress
- I. Submaximal Shoulder Isometrics - except internal rotation – start week 8
 - 1. 10 second contractions, 10 repetitions per exercise, 2 - 3 times per day performed in the neutral position
 - a. Done out of sling
 - b. Slow initial contraction
 - c. Build up intensity gradually
 - d. Slow release
 - e. Pain-free
 - 2. Done with arm at the side
 - a. Forward Flexion
 - b. Extension
 - c. ADduction
 - d. External Rotation
- J. When Isometrics with good contraction, Initiate isotonic shoulder strengthening exercises including starting after 8 weeks
 - 1. Side-lying External Rotation
 - 2. Prone arm raises at 0°, 90°, and 120°
 - 3. Elevation in the plane of the scapula with Internal and External Rotation
 - 4. Latissimus pulldown close grip
 - 5. Prone External Rotation

III. MINIMAL PROTECTION PHASE (6 - 8 Weeks)

- A. Advance to full ROM as tolerated with passive stretching at end ranges
- B. Advance strengthening as tolerated: isometrics -> bands -> light weights (1-5 pounds) with 8 – 12 reps / 2 – 3 sets for rotator cuff, deltoid and scapular stabilizers)
- C. Only do strengthening 3x/week to avoid rotator cuff tendonitis
- D. Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex. body blade)
- E. Begin sports related rehab at 4 ½ months, including advancing conditioning