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WOODSON ROTATOR CUFF REPAIR REHAB PROTOCOL

General Info:

This is a list of general guidelines for a rotator cuff repair rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-op Weeks 1-6 (8 weeks for large tears):

Size of Tear	Small	Medium	Large
PROM			
Flexion	Progress as tolerated to 145°	Progress as tolerated to 120°	Progress as tolerated to 90°
ER (scaption)	Progress as tolerated to 75°	Progress as tolerated to 60°	Progress as tolerated to 45°
ABER	Progress as tolerated to 80°	Hold until 6 weeks post-op	Hold until 8 weeks post-op
IR (scaption)	Progress as tolerated		
AROM			
	Initiate at 4 weeks post-op, not to exceed PROM limits	Wand ER ONLY in scaption plane, gravity assisted progressing to gravity neutral	No AAROM until after 6 weeks post-op (no pulley or wand)
Isometric ER/IR	Initiate at 4 weeks post-op	Initiate at 6 weeks post-op	Hold until 8 weeks post-op
Scapular retraction	Initiate in sling at 2 weeks post-op	Initiate in sling at 2-3 weeks post op	
Shrugs	Initiate at 4 weeks post-op, unresisted	Initiate at 4-6 weeks post-op, unresisted	Initiate at 6 weeks post-op, unresisted
Seated/Standing row	Initiate at 4 weeks post-op, unresisted	Initiate at 6 weeks post-op, unresisted	Initiate at 8 weeks post-op, unresisted
Prone Row (saw)	Initiate 2-3 weeks post-op, arm to be raised no higher than parallel to chest, weight of arm only	Initiate 4 weeks post-op, arm to be raised no higher than parallel to chest, weight of arm only	Initiate 6 weeks post-op, arm to be raised no higher than parallel to chest, weight of arm only
Other Exercises			
Pendulums	Initiate during 1 st week post-op	Initiate during 1 st week post-op	Hold if CPM, show pendulum position for dressing/grooming during 1 st week post-op
Putty Squeeze	Initiate during 1 st week post-op		
Wrist/Hand AROM	Initiate during 1 st week post-op w/ arm supported on table	Initiate during 1 st week post-op w/ arm supported on table or in sling	Initiate during 1 st week post-op w/ arm supported in sling
Elbow/Flex/Ext	Initiate during 1 st week post-op w/arm at side and shoulder in IR	Initiate during 1 st week post-op w/arm in pendulum position	Initiate during 1 st week post-op in pendulum position, ensure a passive shoulder is maintained

**WOODSON ROTATOR CUFF REPAIR
REHAB PROTOCOL**

Post-Op Weeks 6-12 (14 weeks for large tear):

Size of Tear	Small	Medium	Large
PROM			
Flexion	Full ROM by 10-12 weeks post-op		Full ROM by 12-14 weeks post-op
ER (scaption)	Full ROM by 10-12 weeks post-op		Full ROM by 12-14 weeks post-op
ABER	Full ROM by 10-12 weeks post-op	Initiate after 6 weeks post-op and progress as tolerated, full ROM by 10-12 weeks post-op	Initiate after 8 weeks post-op and progress as tolerated, full ROM by 12-14 weeks post-op
IR (scaption)	Full ROM by 10-12 weeks post-op		
AROM			
	Initiate at 4-6 weeks post-op or when released from the sling, full ROM all planes by 10-12 weeks	Hold until 6 weeks post-op, full ROM all planes by 10-12 weeks	Hold until 8 weeks post-op, full ROM all planes by 12-14 weeks
Isotonic ER/IR	Neutral or scaption at 6 weeks post-op progressing to 90/90 position at 8 weeks	Neutral or scaption at 6 weeks post-op progressing to 90/90 position at 8-10 weeks post-op	Neutral or scaption at 6 weeks post-op progressing to 90/90 position at 12 weeks post-op
Shrugs	Add resistance at 6 weeks post-op	Add resistance after 6 weeks post-op	Add resistance after 8 weeks post-op
Rows	Add resistance at 6 weeks post-op	Initiate at 6 weeks post-op	Initiate at 8 weeks post-op
Prone T and Y	Initiate at 6 weeks post-op progressing from unilateral prone on table to bilateral prone on table to bilateral prone over ball	Initiate at 6-8 weeks post-op progressing from unilateral prone on table to bilateral prone on table to bilateral prone over ball	Initiate at 10-12 weeks post-op progressing from unilateral prone on table to bilateral prone on table to bilateral prone over ball
Prone extension w/ ER	Initiate at 6 weeks post-op	Initiate at 6 weeks post-op	Initiate at 6 weeks post-op
Bent row or prone row	Add resistance at 6 weeks post-op	Add resistance after 6 weeks post-op	Add resistance after 8 weeks post-op
Upright row	Initiate at 6 weeks post-op		Initiate at 10-12 weeks post-op
Horizontal abduction	Initiate at 6 weeks post-op		Initiate at 10-12 weeks post-op
Deltoid raises	Initiate at 6 weeks post-op		Initiate at 10 weeks post-op
Empty Can	Initiate at 6 weeks post-op		Initiate at 10-12 weeks post-op
Bicep curls/tricep extension	Initiate at 6 weeks post-op		Initiate at 10 weeks post-op
Push up progression	Initiate at 6 weeks post-op, progress wall to table to knees to floor	Initiate at 8 weeks post-op, progress wall to table to knees to floor	Initiate at 10 weeks post-op, progress wall to table to knees to floor
Neuromuscular Re-Ed			
Rhythmic stabilization	Initiate at 6 weeks post-op		Initiate at 8 weeks post-op
Diagonals	Initiate at 6 weeks post-op, progress from supine to standing and unresisted to resisted		Initiate at 8-10 weeks post-op, progress from supine to standing and unresisted to resisted

Criteria for return to sports and previous activities:

- Adequate strength, flexibility and endurance
- Monitoring of pain, swelling, and instability
- Satisfactory clinical examination