



DR. BUTKOVICH ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

STAGE I: IMMEDIATE POST SURGICAL/ PROTECTION PHASE

GOALS:

- MAINTAIN INTEGRITY OF REPAIR
- PROMOTE TISSUE HEALING
- GRADUALLY INCREASE PASSIVE RANGE OF MOTION
- DIMINISH PAIN AND INFLAMMATION

WEEKS 1-6:

PATIENT INSTRUCTIONS:

1. WEAR SLING DAY AND NIGHT
2. KEEP INCISIONS CLEAN & DRY
3. CRYOTHERAPY FOR PAIN & INFLAMMATION
4. RESUME GENERAL FITNESS ACTIVITIES IN SLING WHEN PAIN PERMITS (I.E. STATIONARY BIKE)
5. AT 6 WEEKS PATIENT MAY D/C SLING AT HOME & OFFICE PER MD

TREATMENT:

1. MOIST HEAT AND OTHER MODALITIES PRIOR TO THERAPY (CONTINUE THROUGHOUT THERAPY PROGRAM AS NECESSARY)
2. PENDULUM SWINGS
3. TABLE SLIDES
4. BEGIN ACTIVE FLEXION/ EXTENSION OF ELBOW AND WRIST
5. BEGIN GRIP STRENGTHENING
6. BEGIN ACTIVE RANGE OF MOTION OF NECK
7. BEGIN SUPINE ASSISTED FORWARD ELEVATION (OPPOSITE HAND AND/OR STICK) AND EXTERNAL ROTATION (STICK) TO NEUTRAL
8. BEGIN PASSIVE FORWARD ELEVATION AND EXTERNAL ROTATION
9. PULLEY PASSIVE ABDUCTION TO 60 DEGREES
10. NO AROM OR AAROM

STAGE II: PROTECTION/INTERMEDIATE PHASE**GOALS:**

- ALLOW HEALING OF SOFT TISSUE
- GRADUALLY RESTORE FULL PASSIVE RANGE OF MOTION
- DO NOT OVERSTRESS HEALING TISSUE
- RE-ESTABLISH DYNAMIC SHOULDER STABILITY

WEEKS 6-8:**PATIENT INSTRUCTIONS:**

1. GRADUALLY DISCONTINUE SLING AT ALL TIMES

TREATMENT:

1. CONTINUE STRETCHING AT EXTREMES OF MOTION FOR FORWARD ELEVATION AND EXTERNAL ROTATION, **NOT** INTERNAL ROTATION BEHIND THE BACK
2. BEGIN ISOMETRICS FOR FORWARD ELEVATION, EXTERNAL ROTATION, AND INTERNAL ROTATION
3. GENTLE JOINT MOBILIZATION AS NEEDED
4. BEGIN ACTIVE ASSISTED RANGE OF MOTION
5. BEGIN SCAPULAR STABILITY EXERCISES
6. BEGIN BICEPS STRENGTHENING
7. ATTEMPT TO GRADUALLY RESTORE FULL RANGE OF MOTION BY 8 WEEKS

STAGE III: EARLY STRENGTHENING PHASE**GOALS:**

- MAINTAIN FULL PASSIVE RANGE OF MOTION
- INCREASE DYNAMIC SHOULDER STABILITY
- GRADUALLY INCREASE ACTIVE RANGE OF MOTION
- GRADUALLY RESTORE SHOULDER STRENGTH
- GRADUAL RETURN TO ADL's

WEEKS 8-12:**TREATMENT:**

1. BEGIN ACTIVE FORWARD ELEVATION, EXTERNAL ROTATION, AND INTERNAL ROTATION PROGRESSIVE RESISTIVE EXERCISES
2. BEGIN GENTLE PASSIVE INTERNAL ROTATION
3. PROGRESSIVE RESISTIVE SHOULDER SHRUGS AND PARASCAPULAR MUSCLE STRENGTHENING
4. DOORWAY STRETCHING FOR TERMINAL FORWARD ELEVATION, ABDUCTION, EXTERNAL ROTATION, **NOT** INTERNAL ROTATION

STAGE IV: ADVANCED STRENGTHENING PHASE**GOALS:**

- MAINTAIN FULL NON-PAINFUL RANGE OF MOTION
- MAINTAIN INTEGRITY OF REPAIR
- ENHANCE FUNCTIONAL USE OF UPPER EXTREMITY
- IMPROVE MUSCULAR STRENGTH AND POWER
- GRADUAL RETURN TO SPORT SPECIFIC ACTIVITY

WEEKS 12-20:**TREATMENT:**

1. CONTINUE WITH PROGRESSIVE RESISTANCE TRAINING
(DO NOT INCREASE RESISTANCE IF SHOULDER HIKE PERSISTS)
2. PNF PATTERN EXERCISES
3. UPPER BODY ERGOMETER
4. CLOSED CHAIN & OPEN CHAIN EXERCISES
5. BEGIN SPORT SPECIFIC ACTIVITY
6. RESUME INDEPENDENT STRENGTH TRAINING
(**NO DUMBBELLS**, ONLY USE WEIGHTS WITH BAR OR MACHINE)
7. INCREASE VELOCITY OF MOTION
8. BEGIN PLYOMETRICS
9. **NO CONTACT, RACQUET, OR THROWING DRILLS**

STAGE V: RETURN TO ACTIVITY/ RETURN TO SPORT PHASE**GOALS:**

- GRADUAL RETURN TO STRENUOUS ACTIVITIES
- GRADUAL RETURN TO ALL SPORT ACTIVITIES

MONTHS 4-6:

(BEGINS WHEN STRENGTH AND ACTIVE RANGE OF MOTION ARE FULL & PAIN FREE)

TREATMENT:

1. DUMBBELL STRENGTH TRAINING
2. RETURN TO CONTACT, RACQUET, AND THROWING SPORTS