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## ROTATOR CUFF PROTOCOL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Post op:** Use cryocuff or ice as much as possible for first 2 days, then as needed for pain.

- Change dressing to light gauze daily for first 4 days, then leave open to air. Leave steri-strips in place.
- You may shower on post op-day 3. Keep wound area somewhat dry with plastic over dressing, then change dressing after shower.
- Sleeping in a propped or partially sitting position is more comfortable, as shoulder is elevated.
- First post-op check up is 7-10 days for suture removal.
- Call for temperature > 102 degrees, excessive swelling, pain or redness around wound.

### Physical Therapy:

**Week 1:** Take arm out of sling or cryocuff and move below elbow, wrist and hand at least 4 times a day.

- Keep upper arm and shoulder at your side to protect the repair. Dangling the arm or pendulum exercises are allowed. Shoulder brace is worn full time, except for therapy, 4-6 weeks depending on the size of the tear.

**Week 2-4:** Start physical therapy; modalities to decrease pain and swelling. Passive r.o.m. -ff 0-120, abd 0-90, rotation 45 degrees. Active elbow, wrist and hand exercises. No active abduction.

**Week 5-8:** Active assisted r.o.m. begins and progresses to regain full r.o.m. week 6 advance active motion as tolerated. Also start closed chain exercises for scapula stabilization. Dc brace.

**Week 8-12:** Start strengthening program with theraband, especially rotation to strengthen subscapularis and infrapinatus.



**Week 10:** Advance to pulleys and light weights.

**Week 12:** Sport specific training or work hardening as needed.

FREQ: \_\_\_\_\_ DURATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_, M.D.

ADDITIONAL

COMMENTS: \_\_\_\_\_