

Lisa Kaplin, DO

OPEN REDUCTION INTERNAL FIXATION GREATER TUBEROSITY REHAB ROTATOR CUFF REPAIR

Weeks 0-6:

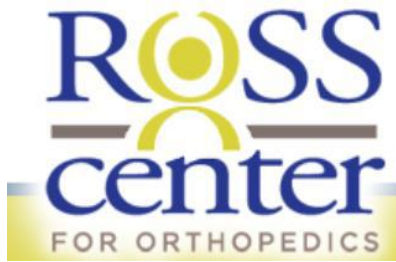
- Patient to remain in sling for 6 weeks, including sleep!
- True passive ROM only! The bone and rotator cuff tendon needs to heal back into the bone
- ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
 - Limited external rotation for 4 weeks.
- No resisted motions of shoulder until 12 weeks post-op
 - Active and passive range of motion of the neck, elbow, wrist and hand should be performed 5 times/day everyday
 - Avoid any active shoulder motion for the first 6 weeks
 - Gentle passive pendulum exercises should be started immediately to be performed 3 times a day
 - Icing program, 3 to 5 times a day, 30 minutes each after exercises
 - Gentle passive shoulder motion in all planes without restrictions
 - Please focus on normalizing scapulohumeral kinematics
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

Weeks 6-12:

- Continue all exercises in previous phase (as described above)
- Begin AAROM - AROM as tolerated
- Goals: Same as above, but can increase as tolerate
- Periscapular muscle strengthening exercises are the focus of this period with emphasis to regain full strength. HIGH REPETITION, LOW WEIGHTS WITH DUMBBELLS AND BANDS.
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- At 11-12 weeks, can begin strengthening/resisted motions
- Isometrics 6 weeks postop. Arm at side beginning at 8 weeks

Months 3-12:

- Advance to full ROM as tolerated with passive stretching at end ranges as soon as ROM is FULL
- Advance strengthening as tolerated: isometrics - bands - light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months



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- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op

Discharge Criteria:

- Maximize ROM
- Full independent ADLs
- Normal scapulohumeral