

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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ROTATOR CUFF REHABILITATION PROTOCOL

0 - 4 WEEKS

Protection: Sling to be used at all times (sleeping, walking). Can only be removed for elbow movements & bathing.

Dressings: sutures removed 14th post-op day

PROM: Passive Forward flexion and scaption (scapular plane) 2 - 3 times daily, 10 - 20 reps as tolerated,

From **2nd week (15th day)** Pendulum exercises:

- It should be passive
- Bend from the hip & torso supported by unoperated arm on the table (as shown)
- Shoulder movements should be forward & back, side to side & rotations
- Start with small amplitude & progress as tolerated
- 10 repetitions each 3 times a day

AROM: Finger movements, wrist movements, elbow movements, shoulder shrugs & retraction every 3 - 4 hours as tolerated.

Isometrics: For **uninvolved** tendons as tolerated (submaximal) **GENTLE (from 15th day)**

- Internal rotation
- Adduction
- Flexion / Extension

5 counts hold, 10 repetitions, 3 times a day

INSTRUCTIONS:

- **Keep your arm close to the body at all times**
- **Avoid activities where arm is taken away from the body**
- **Avoid abduction & external rotation**
- **For hygiene of the axilla, apply Udicolon / powder 2-3 times a day**
- **You can use your hand for typing & writing as tolerated**

5 - 6 WEEKS

PROM: For repaired tendons in direction that shortens tendons (*i.e. begin passive external Rotation up to 45 degrees*)

Active assisted forward flexion as tolerated

- Use the unoperated arm for forward flexion
- Start "Stick Exercises" for flexion of shoulder (**Avoid abduction & external rotation beyond 45 degrees**)

Light resistance 10 repetition 3 sets

Theraband:

- Rowing
- Biceps
- Triceps

Other

activities:

Lower body conditioning, pool therapy

7 - 8 WEEKS

PROM: GENTLE passive motion as tolerated for ER / ABD
Motion in most planes should be at least 75% of normal

ActiveROM: Gradually introducing active range of motion exercises into flexion, extension, internal rotation and external rotation

Thera band strengthening (light resistance 10-15 reps 3 sets) for

- *Internal Rotation*
- *Adduction*
- *Scapulae (rowing)*
- *Extension*
- *Biceps / Triceps*
- *Scapular Stabilization program*

8 - 12 WEEKS

PROM: Continue with passive stretching of involved tendons to pain tolerance (Full ER & ABD)

AROM: Include ER strengthening in above Theraband Program
Progress the resistance in Theraband program

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