

ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

Deliwala Arthroscopy Hospital & Sports Injury Center, Bhavnagar, India.

 STAGES :	BRACE	ROM	THERAPEUTIC EXERCISE	ADVISE TO PATIENT
Pre rehab	Not required	Normal ROM of elbow,wrist.finger	Elbow,wrist,finger ROM exercise, scapular exercise ,core exercise	Avoid heavy weight lifting, avoid jerky movement
Post rehab PHASE-1 (upto 6 weeks)	Shoulder brace with abductor pillow	-Shoulder resting position (Elbow keep 90degree position) -ER upto neutral rotation	Finger flexion, Finger extension, Finger abduction, Wrist flexion, Wrist extension, Wrist supination-pronation, Elbow flexion-extension, Scapula keep in military position	Avoid heavy weight lifting, avoid jerky movement, avoid affected side sleeping
PHASE-2 (6-8 weeks)	Shoulder brace with abductor pillow	-Shoulder resting position (Elbow keep 90degree position) -ER upto neutral rotation	Continue above all exercise, Scapular protection, retraction, depression, elevation, Deltoid (Ant. , Middle & Post) isometric, Table glide,	Avoid heavy weight lifting, avoid jerky movement, avoid affected side sleeping
PHASE-3 (2-4 months)	Discontinue shoulder brace, only in travelling	Shoulder in normal position	Continue above all exercise, shoulder passive movement, gentle pendulum	Avoid heavy weight lifting
PHASE-4 (3-4 months)	No brace	Shoulder in normal position	Continue above all exercise, Shoulder active assisted exercise, Shoulder active exercise, Wand exercise, Capsular stretching ,Shoulder circumduction, Wall glide, Multiple angle isometric, Scapular strengthening exercise	Avoid heavy weight lifting overhead, Start moderate weight lifting in arm adduction
PHASE-4 (>4 months)	No brace	Shoulder in normal position	-Continue above all exercise, Shoulder strengthening exercise with send bag & therabend -Activity specific exercise	Start Mild to Moderate weight lifting overhead

NOTE

- All exercise should be done under supervision of qualified physiotherapist
- Avoid any kind of Shoulder Abduction & Forward flexion ROM till 6 weeks
- Red sign: too much pain, redness, fever, any discharge from operation site
- Contact our physio- Dr. Riddhi Mehta : Mob, 7984823733for further assistance or any kind of doubt related to physiotherapy or any red sign occurs.