



Raphael S. F. Longobardi, MD
Orthopaedic Surgery and Sports Medicine
Continental Plaza, 433 Hackensack Avenue, Hackensack NJ 07601
www.universityorthopaedic.com
tel: 201.343.1717 fax: 201.343.3217
NJ lic #: 25MA06397000 NY lic# 186348

Name: _____

DOS: _____

ROTATOR CUFF REPAIR

0-2/13 WEEKS: REHAB SPECIFICATIONS : **(2-3X/WK)**

- PROM ONLY X 6 WKS
- NO IR UNTIL WEEK 8/13
- IMMOBILIZER BRACE FOR 6 WEEKS
- INSTRUCTION OF PROPER HOME ROM FUNCTION (USE UNINVOLVED ARM FOR PASSIVE ROM)

EXERCISES:

- WAND
- PENDULUMS/CODMAN'S
- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING
- HOME PULLEY – PLS INSTRUCT ON USE
- ROM GUIDELINES:
 - o FORWARD FLEXION- 0-90 DEGREES
 - o ABDUCTION – 0-90 DEGREES
 - o **ACHIEVE FULL AND SYMMETRIC PASSIVE ER ASAP**
 - o SCAPULAR ELEVATION AND RETRACTION EXERCISES

2-4/13 WEEKS: REHAB SPECIFICATIONS: **(2-3X/WK)**

- CONTINUE WITH JOINT PROTECTION USING IMMOBILIZER BRACE

EXERCISES:

- CONTINUE WITH PROM
 - o INCREASE FORWARD FLEXION – 0-135 DEG
 - o INCREASE ABDUCTION – 0-135 DEG
 - o ACHIEVE FULL AND SYMMETRIC ER
 - o CONTINUE NO IR!!
 - o PERI-SCAPULAR ISOMETRICS

ROTATOR CUFF REPAIR

- 4-6/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- GOAL: ACHIEVE FULL PROM BY END OF WEEK 6!!
- EXERCISES:
- CONTINUE WITH PROM
 - FORWARD FLEXION – 0-180 DEG
 - ABDUCTION – 0-180 DEG
 - ER – FULL/SYMMETRIC
 - AAROM – **ONLY** IF SPECIFIED BY PHYSICIAN!!
 - MAY BEGIN AQUATIC ACTIVITIES
- 6-8/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- D/C BRACE AT COMPLETION OF WEEK 6/13
- GOAL: FULL PROM REACHED IN ALL PLANES EXCEPT IR!!
- MONITOR/EDUCATE PROPER MECHANICS
 - AVOID HIKING
 - AVOID IMPINGEMENT
 - ENCOURAGE SCAPULAR DEPRESSION
- EXERCISES:
- ACTIVE AND AAROM IN ALL PLANES, EXCEPT IR!!
 - BEGIN ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
 - PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
 - CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING
- 8-13/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
- BEGIN IR: PROM, AAROM AND AROM
- EXERCISES:
- PROGRESS ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
 - PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
 - CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING
 - BEGIN THERABAND EXERCISES AS TOLERATED
- 13-16 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**
UNRESTRICTED STRENGTHENING AND PROGRESS TOWARD MORE FUNCTIONAL, SPORTS, RECREATIONAL, OR WORK-RELATED ACTIVITIES
- EDUCATE PROPER MECHANICS
- EXERCISES:
- UE AND LE WORKOUT
 - PROGRESSIVE THERABAND FOR ROTATOR CUFF
 - PROGRESS ALL PRE'S
 - BEGIN FUNCTIONAL STRENGTHENING: EMPHASIZE SCAPULA MUSCLES/LATS/BICEPS/TRICEPS

ROTATOR CUFF REPAIR

16-19 WEEKS:

REHAB SPECIFICATIONS:

(1-2X/WK)

- PREPARE PATIENT FOR DISCHARGE THROUGH RELATIONSHIP WITH WORK-HARDENING/FCE, ATHLETIC TRAINER, STRENGTH SPECIALIST, ETC.
- PATIENT SHOULD HAVE A GOOD, COMPREHENSIVE HOME PROGRAM WITH EMPHASIS ON PROPER TECHNIQUE

EXERCISES:

- o CONTINUE GENERAL STRENGTHENING PROGRAM IN CLINIC AND @ HOME
- o PROGRESS TO PLYOMETRICS/ECCENTRICS/DYNAMIC STRENGTHENING AS TOLERATED

Signature: _____ Raphael S.F. Longobardi, M.D.

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