**ROTATOR CUFF RECONSTRUCTION USING GRAFT JACKET**

**Phase I (1 – 5 days post op.)**
- **Edema:** Edema control interventions
- **Sling:** Ultrasling worn continuously except in therapy or during exercise sessions

**ROM**
- Initiate elbow, wrist, hand AROM and shoulder shrugs form early ROM

**Strengthening**
- Isometric grip using exercise ball as much as possible
- Modalities—prn for pain & inflammation

**Phase II (5 days – 4 weeks post op.)**
- Continue Phase I until 2 weeks post-op.

**Weeks 2-4:**
- **Wound:** Monitor site / Scar management techniques
- **Edema and Modalities:** continue Phase I
- **Sling:** Ultrasling worn continuously except in therapy or during exercise sessions
- **Codman pendulum exercises**

**PROM:**
- **PROM supine scapular plane**
- **Flex:** to tolerance 0-90 degrees
- **Abduction:** 0-90 degrees
- **ER:** 0-30 degrees at modified neutral (do not stretch ER/IR)
- **AVOID:** Extension and Horizontal Adduction
- **AROM:**
- Scapular shrugs, scapular retraction, scapular depression
- Continue elbow, wrist and hand AROM
- **Joint mobilizations**
- **Scapular mobilizations**

**Phase III (4 weeks – 10 weeks post op.)**
- Sling: Ultrasling worn continuously, except in therapy or during exercise sessions, until s/p 4 weeks. Sling must continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at s/p 6 wks.

**Weeks 4-6**
- **PROM:**
- **Flexion:** to tolerance 0-120 degrees
- **Abduction:** maintain at 90 degrees until ER increases to 45 degrees then progress abduction to 120 degrees
- **ER:** 0-45 degrees at modified neutral. Slowly increase abduction position during ER/IR to 80-90 degrees by 4 weeks. No aggressive stretching.
- **Be VERY cautious with IR to avoid tension on the Infraspinatus if repaired.**
- **Continue to AVOID:** Extension and Horizontal Adduction
- **AROM:**
- Scapular shrugs, scapular retraction, scapular depression
- **Joint Mobilizations**
- **Grade I-II GH mobilizations in anterior, posterior and inferior directions for pain and spasms**

Initiation date: 3/28/11

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Strengthening:
Sub-maximal isometrics for elbow flexion/extension in neutral shoulder position

**Weeks 6-8**
PROM:
Flexion: progress to full ROM as tolerated
Abduction: 150-180 degrees with deviation toward scapular plane
ER: 70-90 degrees
IR: 40-60 degrees
Extension: 30 degrees without stretching
Continue to AVOID Horizontal Adduction
Strengthening:
Supine stabilization exercises for the scapular muscles
Continue isometrics for elbow flexion/extension in neutral shoulder position
Progress to gentle isotonics:
2-5 lb bicep curls and yellow Theraband triceps pull-downs

**Weeks 8-10**
ROM
Full ROM is allowed for PROM, AAROM, and AROM. Focus on proper technique and progress as tolerated.
Strengthening
Progress scapular stabilization exercises to standing and then begin peri-scapular PREs
No resistance exercises for the Rotator Cuff until week 14
Progress to 6 lb curls and increase resistance with triceps pull-downs

**Phase IV (10 weeks + postop.)**

**At week 12:**
ROM: Add PNF movements

**At week 14:**
Initiate light rotator cuff PREs at 0 degrees abduction w/ Theraband and progress to moderate resistance

**Weeks 16-20:**
Moderate RC PREs at 30 degrees of abduction w/ Theraband and progress to high resistance at 60 degrees of abduction
Begin UBE
Begin Closed chain stability exercises

**Weeks 20-24:**
High resistance RC PREs at 90 degrees abduction w/ Theraband
Begin Plyometric exercises
Add gym exercises
Initiate sport specific/job related tasks