Massive Rotator Cuff Repair with Superior Capsular Reconstruction (SCR) Physical Therapy Protocol

Name________________________________ Date__________________

Diagnosis  s/p RIGHT/LEFT RCR with SCR SAD/Acromioplasty  Biceps Tenodesis  Distal Clavicle Excision

Date of Surgery_________________________

Frequency: _____ times/week    Duration: _____ Weeks

_____ Weeks 0-6:
Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
Patient to remain in immobilizer for 6 weeks

_____ Weeks 6-8:
True PROM only! The rotator cuff tendon needs to heal back into the bone
ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
Grip strengthening
No canes/pulleys until 8 weeks post-op, because these are active-assist exercises
Heat before PT, ice after PT

_____ Weeks 8-12:
Begin AAROM→AROM as tolerated
Goals: Same as above, but can increase as tolerated
Light passive stretching at end ranges
Begin scapular exercises, PRE’s for large muscle groups (pecs, lats, etc)
Isometrics with arm at side

_____ Months 3-12:
Advance to full ROM as tolerated with passive stretching at end ranges
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, plyo (ex. Weighted ball toss), proprioception (es. body blade) begin at week 16
MMI is usually at 12 months post-op

Comments:

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities
____Electric Stimulation ____Ultrasound ____Iontophoresis ____Phonophoresis ____Heat before ____ Ice after
____Trigger points massage ____TENS ____ Other ____ Therapist’s discretion

Signature__________________________________________ Date__________________