Department of Orthopaedic Surgery Sports Medicine and Shoulder Service Subacromial Decompression / Partial Thickness Rotator Cuff Tear Debridement / Distal Clavide Excision Rehab Protocol Prescription

Patient Name: Date:

Diagnosis: Rotator cuff tear ACjoint arthrosis Frequency: 2-3 visits/ week Duration: 4 months

Post-operative Period

- 1. 2 to 3 visits per week, 5 times a week home program
- 1. Sling may be discontinued POD #1 and worn for comfort only and sleeping if desired
- 2. Active and passive range of motion of the neck, elbow, wrist and hand should be performed 5 times/day everyday
- 3. Passive pendulum exercises should be started immediately and performed 5 times a day
- 4. Passive and active-assisted shoulder range of motion exercises should be started with no motion limitations
- 5. Please focus on normalizing scapulohumeral kinematics
- 6. Periscapular range of motion exercises should also be performed
- 7. Isometric strengthening exercises can begin in all planes

8.

- 1. 3 to 5 times a week home program. May need physical therapy supervision for functional training.
- 2. Begin advanced strengthening with weights, dumbbells and bands to include muscles of the shoulder girdle, rotator cuff, and periscapular areas.
- 3. May begin functional training exercises including swimming, tennis, or an interval throwing program (if a thrower)
- 4. Begin gradual return to previous sports/activities/work duties under controlled conditions
- 5. Full return to sports/activities/full work duties are pending Dr. Kaar or Cutuk's approval based upon the following criteria:
- 1. Full functional range of motion
- 2. No pain or tenderness
- 3. Satisfactory muscular strength
- 4. Satisfactory clinical examination