



LARGE TO MASSIVE ROTATOR CUFF REPAIR

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Please use appropriate clinical judgment during all exercise progressions. The specific exercises given in this protocol are provided for guidance, but it is important to use clinical judgment when determining appropriate progressions within the physician provided WBing and ROM restrictions. Any questions/concerns, please do not hesitate to contact Dr. Laskovski's office at 330-644-7436 or CCOC Green PT at 330-644-5461.

Sling Use:	<ul style="list-style-type: none"> • Ultra sling for 4 weeks followed by regular sling for 4 weeks (SLING FOR 8 WEEKS TOTAL) • Ultra Sling use <ul style="list-style-type: none"> ○ Maintain arm at the side of body when out of sling for exercises or bathing ○ ***Sleep in sling • Pillow use <ul style="list-style-type: none"> ○ Elevation from above level of pillow ○ External rotation from the pillow with the elbow on the pillow ○ No Internal rotation while still using pillow 		
Week 1-4	<ul style="list-style-type: none"> • No Passive ROM of shoulder • Elbow, wrist and hand ROM • Modalities and ice for pain control 		
Phase I: (Passive)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; vertical-align: top;">Week 4-8</td> <td> <ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation to full ROM • Supine Forward Elevation to full ROM • No Active shoulder flexion or abduction • Supination/Pronation ***Continue to sleep in Sling ***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling </td> </tr> </table>	Week 4-8	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation to full ROM • Supine Forward Elevation to full ROM • No Active shoulder flexion or abduction • Supination/Pronation ***Continue to sleep in Sling ***Modalities: Heat/Ice; Electrical Stimulation; Soft Tissue Massage for swelling
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Phase II: (Active/Assistive)	Week 9-12	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to prescribed limits. • Supine-Seated External Rotation - Full • Supine-Seated Forward Elevation - Full • Start Internal ROM • AAROM: Pully's; Doorway ER • Wall Washes • Scapular Pinches • ***Modalities PRN
Phase III: (Resisted)	Week 13-15	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase • UBE • External and Internal Rotation
		<ul style="list-style-type: none"> • Scaption • Serratus Punches (supine/standing) • Standing forward punch • Standing rows • Bicep Curls • Prone Jobst • Side Lying ER • ***No Empty Can
Weight Training:	Week 16	<ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities • Weight Training: Very light weight with higher repetitions and advance as tolerated
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	5-6 months	Golf, Tennis