

Rehabilitation Guidelines for Massive Rotator Cuff Tears

Weeks 1-6
<ul style="list-style-type: none">• Sling Immobilization• Active ROM Elbow, Wrist and Hand• True Passive (ONLY) ROM Shoulder• Pendulums,• Supine Elevation in Scapular plane = 140 degrees• External Rotation = 40 degrees• Scapular Stabilization exercises (sidelying)• Deltoid isometrics in neutral (submaximal) as ROM improves• No Pulley/Canes until 6 weeks post-op
Weeks 6-12
<ul style="list-style-type: none">• Discontinue Sling• Active Assist to Active ROM Shoulder As Tolerated• Elevation in scapular plane and external rotation to tolerance• Begin internal rotation as tolerated• Light stretching at end ranges• Cuff Isometrics with the arm at the side• Upper Body Ergometer
Weeks 12+
<ul style="list-style-type: none">• Advance to full ROM as tolerated with passive stretching at end ranges• Advance strengthening as tolerated: isometrics à bands à 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, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)• Begin sports related rehab at 4 ½ months, including advanced conditioning• Return to throwing at 6 months• Collision sports at 9 months• MMI is usually at 12 months post-op