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**Rehab Practice Guidelines for:
 Repair of Rotator Cuff Tears with Retraction**

Assumptions: 1. tears \leq 2 centimeters
 2. retraction

Primary surgery: repair of supraspinatus tendon and subacromial decompression
 Secondary surgery (possible): distal clavicle excision

Precautions: **No resisted** abduction for 8 weeks (Primary repair, split deltoid)
No heavy resisted flexion for 6 weeks (Subacromial decompression)
No behind the back internal rotation (towel stretch) for 6 weeks (Primary repair)
 For **all** passive IR and ER guidelines check with surgeon
 No additional precautions for distal clavicle excision

Expected # of visits: **17-32**

<u>Week 1-2</u>	Treatment	Milestones
No formal PT Use sling with abduction pillow 24 hrs/day No driving	Ice shoulder for pain and inflammation control Remove sling TID for Codman's exercises	Comfortably sleep through the night
<u>Weeks 3-5</u> Begin PT 2-3 visits/week Continue sling use 24 hours per day; d/c abduction pillow Week 4 Sling use in crowds and uncontrolled situations TOTAL VISITS 6-9	Modalities for pain and inflammation control as needed Incision mobilization Test glenohumeral accessory motions <i>if hypomobile</i> - Rx: grade III/IV mobilizations <i>if normal mobility</i> - Rx: grade I/II mobilizations for pain control and to prevent adhesions Passive Range of Motion (ROM) exercise in all planes except IR in 0 degrees abduction Active ROM in all planes except abduction, focus on scapulo-humeral rhythm and scapular stabilization	No hypomobility or hypersensitivity of scars PROM: Full Horizontal adduction, flexion and abduction; ER/IR at 90 degrees of abduction to surgeon's limit . Full gleno-humeral joint mobility (e.g. inferior, posterior, anterior glides) Normal scapulo-humeral rhythm

<p>Weeks 6-8 D/C use of sling 1-3 visits/wk</p> <p>TOTAL VISITS 9-18</p>	<p>Begin abduction in gravity minimized positions progressing to gravity resisted Begin with active assisted range of motion; progress to active PRE's for all other shoulder motions</p>	<p>Full PROM for all motions except IR in 0 degrees abduction Full AROM for all motions</p>
<p>Weeks 9-11 1-3 visits/wk</p> <p>TOTAL VISITS 12-27</p>	<p>PRE's for all shoulder motions Dynamic stabilization exercises Progress to home exercise program for strengthening</p>	<p>Maintain full AROM and PROM Independent with home exercises Strength increasing</p>
<p>Weeks 12-16 1 visit per week</p> <p>TOTAL VISITS 17-32</p>	<p>Progress strengthening program</p>	<p>Full ROM MMT 5/5 all shoulder motions</p>
<p>Weeks 17-24 Physical therapy is as needed for sport/work specific activities</p>	<p>Begin progression of sport/work specific rehabilitation</p>	<p>Return to sport/work</p>