

Dr. Bercik Rotator Cuff Rehab Protocol

Large Cuff Tear

Work and activity restrictions are consistent regardless of repair type.

- 0 - 6 weeks: No work, no use of operative hand
 - 6 weeks - 3 months: 5lb weight limit in operative hand (ideally nothing heavier than a fork/knife/toothbrush). Can return to work for opposite hand work only.
 - 3 months: No lifting greater than 10 pounds, only occasional overhead reaching
 - 4 months: No lifting greater than 20 pounds
 - 5 months: No lifting greater than 30 pounds
 - 6 months: Released from restrictions, return to work full duty
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0 – 2 weeks: Wound rest / Immobilization

- Sling at all times x 2 weeks except for Elbow/Wrist/Hand Exercises (3 times a day)

2 - 6 weeks: Protect Repair/Maintain Motion

- Continue to wear sling at all times for a total of 6 weeks, except for Elbow/Wrist/Hand Exercises (3 times a day)

6 weeks - 3 months: Regain ROM

- Sling may be completely removed at this time
- Begin formal physical therapy with initiation of Phase I of JPL Exercises and pendulums
- Transition to Phase II of JPL Exercises when comfortable with Phase I
- Transition to Phase III of JPL Exercises when comfortable with Phase II
 - If warm pool available, begin pool exercises
- Active and passive ROM exercises, no strengthening at this point
- Goal is full ROM at the end of 3 months
- 5lb weight limit on the operative side

3 months: Strengthening

- Begin gentle strengthening exercises with theraband: internal rotation, external rotation, low row, biceps curl

- Isotonic and isometric shoulder strengthening exercises- Include internal rotation, external rotation, abduction, extension and forward flexion
- Patient can use the operative extremity to lift 10 lbs for 1 month, then advance to 20 lbs for 1 month, then advance to 30 lbs for 1 month
- Wall push-ups
- Internal rotation stretching: Cross body and up back with towel
- Continue JPL exercises at home as necessary to retain ROM