

## **Dr. Bercik Rotator Cuff Rehab Protocol**

### **Standard 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

- Wear sling at all times for 2 more weeks. Starting 4 weeks after surgery, remove the sling during the daytime but continue to wear it at night.
- Begin physical therapy 4 weeks after surgery, begin with JPL Exercises Phase I and gentle pendulums
  - Patient should attempt 3-5 sets of JPL exercises per day. Each set should involve 5 repetitions.
- Elbow/Wrist/Hand Exercises

6 weeks - 3 months: Regain ROM

- Sling may be completely removed at this time
- 5lb weight limit on the operative side
- Continue formal PT
- 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

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