

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## Large Rotator Cuff Repair

### General:

- Slingshot for weeks 0-4, regular sling weeks 5-8.

### Phase 0 – Quiet

#### Week 0-4:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

### Phase 1 – Passive

#### Week 5-8:

- *Pendulums to warm up beginning week 5*
- Supine External Rotation –0-30 deg beginning at 5 weeks with progression to full PROM by 8 weeks
- Supine Forward Elevation –0o-90o beginning at 5 weeks with progression to full PROM by 8 weeks
- *\*progress to upright as tolerated with ER and FE\**

### Phase 2 – Active

#### Week 9-12:

- *Pendulums to warm-up*
- *Active range of motion with terminal stretch*
- Supine External Rotation – after 8 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full
- Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

**LUCAS G. TESKE, M.D.**

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com   

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## **Phase 3 – Resisted**

### **Week 13-15:**

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

## **Weight Training**

### **Week 16:**

- Keep hands within eyesight, keep elbows bent, no long lever arms.
- Minimize overhead activities (below shoulder)
- (No Military press, pull-down behind head, or wide grip bench)

## **Return to Activity**

Golf                    4-5 months (chipping and putting), 6-7 months (full swing)

Tennis                7-8 months

**LUCAS G. TESKE, M.D.**

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com   