Arakua Welbeck, MD
Rotator Cuff Repair (MASSIVE)
Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-6 weeks **2-week post op visit to review/ update HEP** **HEP ONLY**	May shower 48 hours after surgery Ultrasling Immobilizer at all times except exercises Cryotherapy	Passive Scaption to 120° Passive ER to tolerance	**HEP ONLY:** 3x/day: Hand, Wrist, Elbow AROM out of sling. Passive ER to tolerance in sitting Passive Scaption to 120° Add Pendulums and scapular Mobility exercises to HEP at **4 weeks post-op**
Phase 2: 6-16 weeks 2-3x/week **Initiate Formal Rehab**	Wean out of Sling 5# restriction for ADL's	PROM to tolerance No IR behind the back until 12 weeks Begin AROM at 8 weeks post-op.	Shoulder Passive ROM (no stretching for 8 weeks) Initiate AAROM shoulder exs: Supine wand, Pulleys. Active scapular stabilization Active Hand, wrist, elbow strengthening AROM to begin at 8-10 weeks Avoid shoulder hiking and subacromial impingement Initiate shoulder isometrics at 12 weeks
Phase 3: 16 weeks 2-3x/week **Strengthening**	No formal restrictions Surgeon will determine return to work and gym	Full Passive and Active	Initiate strengthening for RTC and deltoid in clinic and in HEP Emphasize scapular control Work and recreational activity training

MD post op appts:2 weeks, 6 weeks, 12 weeks;
Please send progress notes prior to each of these MD appts.
This protocol is not a substitute for clinical decision making of the health care professional.
Please see referral for any specific post op instructions; Call for op-reports if needed.

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