

Supraspinatus and Infraspinatus Repair

WEEK 0-6 PROTECTION PHASE

GOALS:

- ◆ Protected repaired tendon
- ◆ Gradual return to full passive ROM
- ◆ Decrease pain

PRECAUTIONS:

- ◆ **NO RESISTIVE ABDUCTION AND EXTERNAL ROTATION FOR SIX WEEKS**
- ◆ **NO ISOMETRICS**

TREATMENT:

- ◆ Ultrasling for day and night for six weeks
- ◆ Pendulum exercise
- ◆ Pain control modalities
- ◆ Passive ROM: pain-free, gentle and gradual increase to patient tolerance

WEEK 3-6 PROTECTION PHASE

TREATMENT:

- ◆ Continue with Ultrasling
- ◆ Active assisted ROM for internal (towel), external rotation (T-bar), wall pulleys for flexion and abduction
- ◆ Continue with passive ROM as above. If passive ROM is not improving progress to structured aquatic exercise per physician's discretion/order **NO SWIMMING**
- ◆ Elbow and hand gripping exercises
- ◆ Begin scapular stabilization exercises with no resistance
- ◆ Home exercise program as above

WEEK 6-12 INTERMEDIATE PHASE

GOALS:

- ◆ Full Range of motion
- ◆ Prepare for strengthening phase
- ◆ Home exercise program

PRECAUTIONS:

- ◆ **NO FLEXION UNTIL 12 WEEKS**

TREATMENT:

- ◆ Continue with exercises as above
- ◆ Add active assistive ROM exercises – T-bar for flexion, abduction and extension, external rotation, internal rotation progressing to towel stretch
- ◆ Wall pulleys
- ◆ Shoulder isometrics sub-maximal to maximal efforts in all planes without pain (slower progression for abduction and external rotation motions)
- ◆ Add resistance to scapular stabilization exercise sub-maximal to maximal effort, push up, push up plus, seated depressions
- ◆ If appropriate at 8 weeks gradual progression to add active ROM (standing to 90°) with progression to full rotator cuff program **NO weight until 12 weeks.**
- ◆ Progress to UBE for active warm-up between 8 – 10 weeks
- ◆ Home exercise program as above

WEEK 12-18 PHASE STRENGTHENING PHASE

GOALS:

- ◆ Full strength for release by physician at 18 weeks if appropriate
- ◆ Home exercise program

TREATMENT:

- ◆ Continue with exercises as above
- ◆ Add resistance to rotator cuff program
- ◆ Neuromuscular re-education and sports specific activities
- ◆ Home exercise program as above