

Partial Supraspinatus Repair

WEEK 0-3

GOALS:

- Protected repaired tendon
- Gradual return to full ROM
- Decrease pain
- Increase shoulder strength

PRECAUTIONS:

- **NO RESISTIVE ABDUCTION FOR THREE WEEKS**

TREATMENT:

- Sling for comfort
- Pendulum exercise
- Active assisted ROM exercises (T-bar all planes, rotation at 45°)
- Wall pulleys for flexion only
- Elbow and hand gripping exercises
- Shoulder isometrics (sub-maximal and pain-free isometrics) **NO ABDUCTION ISOMETRICS**
- Pain control modalities
- Active motion for extension, internal and external rotation with resistance (tubing) as tolerated.
- Passive ROM: pain-free, gentle and gradual increase to patient tolerance
- Begin scapular stabilization exercises with no resistance (shrugs, retractions)
- Home exercise program

WEEK 3-6 INTERMEDIATE PHASE

GOALS:

- Increased to full passive ROM
- Full scapular stabilization and rotator cuff program
- Home exercise program

(WEEK 3-6)

PRECAUTIONS:

- **PROGRESS SLOWLY WITH ABDUCTION PRE'S**

TREATMENT:

- Progress all exercises as stated above
- UBE for active warm up
- Active ROM – begin rotator cuff program with no weight, standing to 90°
- Add resistance to scapular stabilization, add wall push-ups progressing to push up plus, add seated depressions
- Home exercise program as above

WEEK 6-12 STRENGTHENING PHASE**GOALS:**

- Increased to full scapular stabilization and rotator cuff strength
- Return to activity at 12 weeks if cleared by the physician
- Home exercise program

TREATMENT:

- Progress exercise as above – add resistance to rotator cuff program
- Neuromuscular re-education and activity specific exercise
- Home exercise program as above