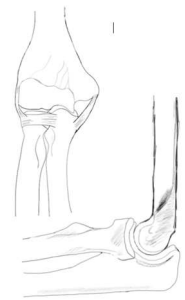


MATTHEW J. DUBIEL M.D.
SHOULDER AND ELBOW SURGERY



ROTATOR CUFF REPAIR – GREEN PT PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I: 0-4 WEEKS	0-2 WEEKS: NONE 2-4 WEEKS: BEGIN PROM LIMIT 90° FLEXION, 45° ER, 20° EXTENSION, 45° ABDUCTION, 45° ABER	0-2 WEEKS: IMMOBILIZED AT ALL TIMES DAY AND NIGHT OFF FOR HYGIENE AND GENTLE HOME EXERCISE ACCORDING TO INSTRUCTION SHEETS 2-4 WEEKS: WORN DAYTIME ONLY	0-2 WEEKS: ELBOW/WRIST ROM, GRIP STRENGTHENING AND PENDULUMS AT HOME ONLY 2-4 WEEKS: BEGIN PROM TO ER TO 45°, CODMAN'S, POSTERIOR CAPSULE MOBILIZATIONS; AVOID STRETCH OF ANTERIOR CAPSULE AND EXTENSION CLOSED CHAIN SCAPULA
PHASE II: 4-12 WEEKS	BEGIN ACTIVE/ACTIVE-ASSISTED ROM ADVANCE TO 140° FE, 135° ABDUCTION, 90° ABER, 45° ABIR	NONE	CONTINUE PHASE I WORK; BEGIN ACTIVE-ASSISTED EXERCISES, DELTOID/ROTATOR CUFF ISOMETRICS AT 8 WEEKS BEGIN RESISTIVE EXERCISES FOR SCAPULAR STABILIZERS, BICEPS, TRICEPS AND ROTATOR CUFF
PHASE III: 12-16 WEEKS	GRADUAL RETURN TO FULL AROM	NONE	ADVANCE ACTIVITIES IN PHASE II; EMPHASIZE EXTERNAL ROTATION AND LATISSIMUS ECCENTRICS, GLENOHUMERAL STABILIZATION BEGIN MUSCLE ENDURANCE ACTIVITIES (UPPER BODY ERGOMETER) CYCLING/RUNNING AS TOLERATED AT 12 WEEKS
PHASE IV: 4-6 MONTHS	FULL AND PAIN-FREE	NONE	AGGRESSIVE SCAPULAR STABILIZATION AND ECCENTRIC STRENGTHENING; SCAPULAR PERTURBATION BEGIN PLYOMETRIC AND THROWING/RACQUET PROGRAM, CONTINUE WITH ENDURANCE ACTIVITIES MAINTAIN ROM AND FLEXIBILITY
PHASE V: 6-8 MONTHS	FULL AND PAIN-FREE	NONE	PROGRESS PHASE IV ACTIVITIES; RETURN TO FULL ACTIVITY AS TOLERATED