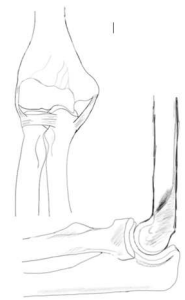


MATTHEW J. DUBIEL M.D.
SHOULDER AND ELBOW SURGERY



ROTATOR CUFF REPAIR – RED PT PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I: 0-6 WEEKS	0-6 WEEKS: NONE	IMMOBILIZED AT ALL TIMES DAY AND NIGHT OFF FOR HYGIENE	ELBOW/WRIST ROM, GRIP STRENGTHENING, CODMANS PENDULUM EXERCISES
PHASE II: 6-8 WEEKS	BEGIN PASSIVE ROM LIMIT 60° FLEXION, 30° ER, 20° EXTENSION, 45° ABDUCTION, 45° ABER	WORN DAYTIME ONLY	CONTINUE PHASE I WORK; BEGIN PASSIVE ROM EXERCISES, CLOSED CHAIN SCAPULA, ER TO 30°, CODMAN'S, POSTERIOR CAPSULE MOBILIZATIONS; AVOID STRETCH OF ANTERIOR CAPSULE AND EXTENSION
PHASE III: 8-12 WEEKS	BEGIN ACTIVE/ACTIVE- ASSISTED ROM ADVANCE TO 140° FE, 135° ABDUCTION, 90° ABER, 45° ABIR	NONE	ADVANCE ACTIVITIES IN PHASE II; BEGIN ACTIVE- ASSISTED EXERCISES, DELTOID/ROTATOR CUFF ISOMETRICS
PHASE IV: 3-6 MONTHS	GRADUAL RETURN TO FULL AROM	NONE	BEGIN RESISTIVE EXERCISES FOR SCAPULAR STABILIZERS, BICEPS, TRICEPS AND ROTATOR CUFF
PHASE V: 6-8 MONTHS	FULL AND PAIN-FREE	NONE	PROGRESS PHASE IV ACTIVITIES, RETURN TO FULL ACTIVITY AS TOLERATED