

University Place Orthopaedics

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University Orthopaedics RTC Repair (Small) Rehabilitation Timeline

		Timeline
Sling:	Discharge sling after 2-3 weeks if patient is pain-free at rest	2-3 weeks
PROM:	• Shoulder Flexion: 0 - 120 degrees	0 - 2 week
	• Shoulder Flexion: 0 - 145 degrees	2 - 4 weeks
	Shoulder POS: 0 - 130 degrees	
	ER: 60 degs / IR: 40 degs (@ 45 degs POS)	
	• Shoulder Flexion/POS: 85% PROM	4 - 6 weeks
	ER: 75 degs / IR: 50 degs (@ 45 degs POS)	
	• Shoulder Flexion/POS: PROM WNL	6 - 8 weeks
	ER: 85 degs / IR: 50 degs (@ 90 degs POS)	
	• Shoulder Full AROM	8 - 12 weeks
Muscle Strength	NO ACTIVE FIRING OF REPAIRED RTC MUSCULATURE	0 - 3 weeks
	4 /5 throughout shoulder, except repaired tissue 3-/5	8 weeks
	5 /5 throughout shoulder, except repaired tissue 4-/5	12 weeks
	80% -90% through repaired tissue	4 - 6 months
Functional Goals:	Return to LE Sports (soccer, running, etc)	3 - 4 months
	Return to UE Sports (basketball, tennis, etc)	4 - 6 months

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University Place Orthopaedics
RTC Repair (Small) Rehabilitation Protocol
Phase I Weeks 0-4

Goals By End of Week 4	<ul style="list-style-type: none"> • Control inflammation / Pain • Allow healing of surgically repaired tissue • PROM: Flexion- 145 degs, POS- 130 degs, ER- 60 degs, IR- 40 degs. • Normal glenohumeral joint mobility • Prevent atrophy of forearm and scapular musculature • Discharge sling by 2 - 3 weeks 	
Evaluation	<ul style="list-style-type: none"> • Pain • Surgical Portals • Glenohumeral Joint Mobility • PROM 	Goals Controlled Healing w/o infection Normal Flexion- 145 degs POS- 130 degs ER- 60 degs (@45 degs POS) IR- 40 degs (@45 degs POS)
Treatment <i>Week 0 - 2</i> 3-4 x's/day 3-4x's/day by Therapist 2-3 x's /day prn	AAROM Pulleys (Shoulder flexion only) Pendulum Exercises (cw, ccw, flexion/extension) Strengthening Wrist/Hand PRE's Joint Mobilization Posterior / Inferior glides (grade I & II, for pain control) PROM - flexion and ER Modalities EMS to RTC musculature (10 on/20 off) Cold Pack/Interferential Stimulation	 x 30 reps x 30 reps 3 x 10 reps 5 minutes 12 mins. 15 mins
<i>Week 2 - 4</i> 3-4 x's/day 3-4x's/day by Therapist 2-3 x's /day prn	AAROM Pulleys (Shoulder flexion) Pulleys (Shoulder POS) Pendulum Exercises (cw, ccw, flexion/extension) Supine Cane Exercise (flexion) Strengthening Wrist/Hand PRE's Scapular Retraction Isometrics --> Theraband Shoulder Isometrics (submaximal) Cardiovascular training for LE's Joint Mobilization Posterior / Inferior glides (grade I & II, for pain control) PROM - flexion, POS, ER, and light IR Modalities EMS to RTC musculature (10 on/20 off) Cold Pack/Interferential Stimulation	 x 30 reps x 30 reps x 30 reps x 15 reps/Hold 5 secs 3 x 10 reps 3 x 10 reps 3 x 10 reps 15+ minutes 5 minutes 12 mins. 15 mins

*** NO ACTIVE FIRING OF REPAIRED RTC MUSCLES FOR 2-3 WEEKS ***

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RTC Repair (Small) Rehabilitation Protocol
Phase 3 Weeks 8 - 12

Goals By End of Week 12	<ul style="list-style-type: none"> • Eliminate Pain • AROM: WNL • Normal glenohumeral joint mobility • Muscle Strength - 5/5 throughout shoulder musculature, except repaired tissue 4-/5 • Normal scapulohumeral rhythm 	
Evaluation	<ul style="list-style-type: none"> • Pain • AROM • Muscle Strength • Glenohumeral Joint Mobility • Scapulohumeral Rhythm 	Goals Controlled → Eliminated WNL 5/5 MMT, except RTC 4-/5 Normal Normal
Treatment <i>Week 8 - 10</i> 3-4 x's/week prn	<p>Strengthening</p> <p>PRE's</p> <ul style="list-style-type: none"> a) Scapular Retractions b) Scapular Protractions (serratus punch) c) Internal/External Rotation d) Plane of Scapula e) Supraspinatus f) Shoulder flexion g) Bicep / Tricep h) UBE (forward / backward - 60 rpm's) i) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec) <p>Proprioception</p> <p>PNF GHJ (diagonal patterns w/ resistance) Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p> <p>Modalities</p> <p>Cold Pack</p>	<ul style="list-style-type: none"> 3 x 10-15 reps/Hold 2 secs 10 minutes 2 sets x 10 reps each speed <ul style="list-style-type: none"> 3 x 10 reps/ Hold 2 secs 5 minutes <p>15 mins</p>
<i>Week 10 - 12</i> 3-4 x's/week prn	<p>Strengthening</p> <p>PRE's</p> <ul style="list-style-type: none"> a) CYBEX - Scapular Row Machine b) Scapular Protractions (serratus punch) c) Internal/External Rotation d) Plane of Scapula e) Supraspinatus f) Shoulder flexion g) Bicep / Tricep h) Latissimus Pull i) Shoulder Press j) UBE (forward / backward - 60 rpm's) k) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec) <p>Proprioception</p> <p>Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization</p> <p>Modalities</p> <p>Cold Pack</p>	<ul style="list-style-type: none"> 3 x 10-15 reps/Hold 2 secs 10 minutes 3 sets x 15 reps each speed <p>5 minutes</p> <p>15 mins</p>

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RTC Repair (Small) Rehabilitation Protocol
Phase 4 Weeks 12 +

Goals Week 16	<ul style="list-style-type: none"> • Isokinetic Muscle Strength @16 weeks 80-90% through repaired tissue • Return to Sport Specific Training Drills 	
Evaluation	<i>Reassess at 16 wks</i> <ul style="list-style-type: none"> • Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.) • Isokinetic Muscle strength (Cybex 6000) 	Goals 80% - 90% of uninvolved
Treatment Week 12 + 3 -4 x's/week	<i>Home/Gym Exercise Program</i> Strengthening PRE's <ol style="list-style-type: none"> CYBEX - Scapular Row Machine Scapular Protractions (serratus punch) Internal/External Rotation Plane of Scapula Supraspinatus Shoulder flexion Bicep / Tricep Latissimus Pull Shoulder Press UBE (forward / backward - 60 rpm's) CYBEX 6000 - RTC Strengthening (@90, 120, 180, 240 degs/sec) Sport Specific Exercises Proprioception Closed Kinetic Chain exercises for scapular and GHJ dynamic stabilization	3 x 10-15 reps/Hold 2 secs 3 x 10-15 reps/Hold 2 secs 10 minutes 3 sets x 15 reps each speed 5 minutes

Goals Week 20	<ul style="list-style-type: none"> • Isokinetic Muscle Strength @20 weeks (90% - 95% of uninvolved) • Return to Sports 	
Evaluation	<i>Reassess at 20 wks</i> <ul style="list-style-type: none"> • Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.) • Isokinetic Muscle strength (Cybex 6000) • Sport Specific Testing 	Goals Normal 90% - 95% of uninvolved Normal for LE

Goals Week 26	<ul style="list-style-type: none"> • Isokinetic Muscle Strength @26 weeks (100% of uninvolved) • Return to Sports 	
Evaluation	<i>Reassess at 26 wks</i> <ul style="list-style-type: none"> • Clinical Examination (ROM,GHJ mob.,pain, SHR, etc.) • Isokinetic Muscle strength (Cybex 6000) • Sport Specific Testing 	Goals Normal 100% of uninvolved Normal for UE

RETURN TO SPORTS IF CLINICAL EXAMINATION, STRENGTH, AND SPORT SPECIFIC TESTING ARE NORMAL