

Physical Therapy: Post Rotator Cuff Surgery

Estimated Rehab Time: 16 weeks

Background:

Working with a 30 year-old male patient who has had shoulder problems in the past he is now in his 3rd rehabilitation program in physical therapy. Prior to rotator cuff surgery on March 23, 2018 the patient had physical therapy for two rehab program. In both programs, the patient focused on shoulder issues. In his second rehabilitation program he was in physical therapy for 5 weeks. The patient's exercises focused on posture and strength in his shoulder with the use of dry needling in the injured area.

Exercise Program:

Patient is going to physical therapy 3 days a week.

Overall Goals:

- Gradual return to daily activities
- Decrease of pain and inflammation in shoulder
- Increase of strength and flexibility in shoulder

Protective Phase(Weeks 0-6 post-op)

Week 4 (post-op)

- Initial Evaluation on 1st day of PT
- Circular Pendulum
 - clockwise 10 times and counterclockwise 10 times
- Doorway pectoral stretch 5x30 sec
- Table flexion stretch 5x20 sec

Week 5 (post-op)

- Table flexion stretch 3x20 sec
- Sideways abduction Table stretch 5x20 sec
- Circular Pendulum
 - clockwise 10 times and counterclockwise 10 times
- Doorway shoulder stretch 5x30 sec

Week 6 (post-op)

(discharge sling unless specified by doctor)

- Table flexion stretch 3x20 sec
- Doorway pectoral stretch 5x30 sec
- Circular Pendulum
 - clockwise 10 times and counterclockwise 10 times
- Shoulder internal rotation(with towel) 5x20 sec
- Shoulder blade squeezes 5x10sec
- Ball wall circles 2x10

Intermediate Phase(Weeks 7-12 post-op)

Week 7 (post-op)

- Doorway pectoral stretch 5x30 sec
- Shoulder internal rotation(with towel) 5x20 sec
- Ball wall circles 2x10
- Pulleys 3x5
- Wall walk up 5x20sec
- Shoulder blade squeezes 5x10sec with 1-5 lbs dumbbells

Week 8 (post-op)

- Pulleys 3x5
- Prone retraction 5x10 (hold 5 sec)
- Wall walk up 5x20sec
- Shoulder Rows 5x10(hold 5 sec)
- External rotation with band 3x10(hold 5 sec)
- Wall angels 3x10(hold 5 sec)
- Sleeper stretch 5x20sec
- Shoulder blade squeezes 5x10sec with 1-5 lbs dumbbells

Week 9 (post-op)

- Progress Evaluation
- Prone retraction 5x10 (hold 5 sec)
- Wall walk up 5x20sec
- Shoulder Rows 5x10(hold 5 sec)
- External rotation with band 3x10(hold 5 sec)
- Horizontal abduction 3x10(hold 5 sec)
- Wall angels 3x10(hold 5 sec)

- Shoulder blade squeezes 5x10sec with 1-5 lbs dumbbells
- Sleeper stretch 5x20sec

Week 10 (post-op)

- Prone retraction 5x10 (hold 5 sec)
- Shoulder blade squeezes 5x10sec with 1-5 lbs dumbbells
- Shoulder Rows 5x10(hold 5 sec)
- External rotation with band 3x10(hold 5 sec)
- Horizontal abduction-goal to 100° 3x10(hold 5 sec)
- Wall angels 3x10(hold 5 sec)
- Ball wall circles 2x10
- Sleeper stretch 5x20sec

Week 11 (post-op)

- Sleeper stretch 5x20sec
- Prone retraction 5x10 (hold 5 sec)
- Ball wall circles 2x10
- Shoulder blade squeezes 5x10sec with 1-5 lbs dumbbells
- Shoulder Rows 5x10(hold 5 sec) add 1-5 lbs dumbbells
- External rotation with band 3x10(hold 5 sec)
- Horizontal abduction-goal to 100° 3x10(hold 5 sec)
- Wall angels 3x10(hold 5 sec)

Week 12 (post-op)

- Sleeper stretch 5x20sec
- Prone retraction 5x10 (hold 5 sec)
- Ball wall circles 2x10
- Shoulder Rows 5x10(hold 5 sec) add 1-5 lbs. dumbbells
- External rotation with band 3x10(hold 5 sec)
- Horizontal abduction-goal to 100° 3x10(hold 5 sec) add 1-5 lbs. dumbbells
- Wall angels 3x10(hold 5 sec)
- Airplane 2x10(hold 5 sec) add 1-5 lbs dumbbells

Advanced Strengthening Phase(Weeks 13-16)

Week 13 (post-op)

- “I” “Y” “T” on ball with 1-5 lbs dumbbells 3x15

- Shoulder Rows 5x10(hold 5 sec) add 1-5 lbs. dumbbells
- External rotation with band 3x10(hold 5 sec)
- Wall angels 3x10(hold 5 sec)
- Airplane 2x10(hold 5 sec) add 1-5 lbs dumbbells
- Isometric Shoulder External Rotation 10 times(hold 5 secs) with towel
- Medicine ball chest pass with trampoline 10 times

Week 14 (post-op)

- Medicine ball chest pass with trampoline 10 times
- “I” “Y” “T” on ball with 1-5 lbs dumbbells 3x15
- Shoulder Rows 5x10(hold 5 sec) add 1-5 lbs. dumbbells
- Airplane 2x10(hold 5 sec) add 1-5 lbs dumbbells
- Band pulldowns 2x10(alternating sides)
- Band overhead tricep extension 2x12 (each side)
- Medicine ball chest pass with trampoline 10 times
- Isometric Shoulder External Rotation 10 times(hold 5 secs) with towel

Week 15 (post-op)

- “I” “Y” “T” on ball with 1-5 lbs dumbbells 3x15
- Seated rows without going past neutral shoulder 2x10 (1-5 lbs)
- Side band wood chops 2x10
- Band pulldowns 2x10(alternating sides)
- Latissimus pulls with narrow grip 2x10 (1-5 lbs)
- One handed medicine ball pass with trampoline 10 times
- Isometric Shoulder External Rotation 10 times(hold 5 secs) with towel
- Isometric Shoulder Internal Rotation 10 times(hold 5 secs) with towel

Week 16 (post-op)

- Band pulldowns 2x10(alternating sides)
- Seated rows without going past neutral shoulder 2x10 (1-5 lbs)
- “I” “Y” “T” on ball with 1-5 lbs dumbbells 3x15
- Latissimus pulls with narrow grip 2x10 (lightweight)
- Isometric Shoulder External Rotation 10 times(hold 5 secs) with towel
- Isometric Shoulder Internal Rotation 10 times(hold 5 secs) with towel
- One handed medicine ball pass with trampoline 10 times

- Final Evaluation (check strength, flexibility, and movement compared to Initial Evaluation)

Return to Activity Phase(Post Week 16)

- Patient work independently continuing home exercise program
- **Goals:**
 - Gradual return to daily activities
 - Continue flexibility and strengthening exercises given by PT
- Required physician approval to return to all activities