

Complete Supraspinatus Repair

DELTOID SPLITTING OR ARTHROSCOPIC

MEDIUM TEAR

WEEK 0-3 PROTECTION PHASE

GOALS:

- Protected repaired tendon
- Full passive ROM
- Decrease pain

PRECAUTIONS:

- **NO RESISTIVE ABDUCTION FOR SIX WEEKS**

TREATMENT:

- Ultrasling for day and night for six weeks
- Pendulum exercise
- Pain control modalities
- Passive ROM: painfree, gentle and gradual increase to patient tolerance progressing to full ROM.

WEEK 3-6

TREATMENT:

- Continue with Ultrasling
- Active assisted ROM for internal (towel), external rotation (T-bar), wall pulleys for flexion and abduction
- Continue with passive ROM as above. If passive ROM is not improving progress to structured aquatic exercise per physician's discretion
- Submaximal isometrics for all planes EXCEPT ABDUCTION
- Elbow and hand gripping exercises
- Begin scapular stabilization exercises with no resistance
- Home exercise program as above

WEEK 6-12 INTERMEDIATE PHASE

GOALS:

- Prepare for strengthening phase
- Home exercise program

PRECAUTIONS:

- **Gentle PRE's in abduction**

TREATMENT:

- Continue with exercises as above
- UBE for active warm up as appropriate
- Add active assistive ROM exercises – T-bar for flexion, abduction and extension
- Shoulder abduction isometrics sub-maximal to maximal efforts in all planes
- Tubing for internal and external rotation progressing to PRE's as appropriate
- Add resistance to scapular stabilization exercise sub-maximal to maximal effort, push up, push up plus, seated depressions
- Add Rotator cuff program without resistance (standing to 90°) may add weight at 10 weeks if appropriate and approved by physician
- Home exercise program as above

WEEK 12-18 PHASE STRENGTHENING PHASE

GOALS:

- Full strength for release by physician at 18 weeks if appropriate
- Home exercise program

TREATMENT:

- Continue with exercises as above
- Add resistance to rotator cuff program (if not added at 10 weeks)
- Neuromuscular re-education and sports specific activities
- Home exercise program as above