



**Post-Operative Rehabilitation Protocol  
Open Rotator Cuff Repair with Pectoralis Major Tendon Transfer**

**Phase I: 0-6 Weeks Post-Op**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Protection of surgical repair</li> <li>• Reduce pain and inflammation</li> <li>• Use modalities as needed to decrease pain and promote healing</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• Must wear sling (all components) at all times, except during home exercises and physical therapy</li> <li>• Avoid pendulum exercises weeks 1-4</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• No AROM of the shoulder</li> <li>• No aggressive or painful PROM</li> <li>• Passive Range of Motion: <ul style="list-style-type: none"> <li>○ Forward flexion to 90 degrees (week 1-4 post-op), progress to full (week 4-6)</li> <li>○ Passive IR/ER to neutral with arm at side (week 1-4 post-op), progress to 45 degrees in the scapular plane</li> </ul> </li> <li>• May initiate AAROM flexion in supine at week 5 post-op</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Peri-scapular strengthening exercises</li> <li>• Elbow, wrist and hand exercises</li> <li>• Initiate sub-maximal deltoid and IR/ER isometric exercises with arm at side at week 5</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Keep surgical dressings clean and dry</li> <li>• Change surgical bandages on the 2<sup>nd</sup> day after surgery (keep covered until first clinic visit)</li> <li>• Can bathe on the 2<sup>nd</sup> day after surgery (do not scrub, soak, or submerge the incisions)</li> <li>• Must sleep in the sling</li> <li>• May type or write with surgical side hand, but only while in the sling</li> <li>• Avoid pendulum exercises</li> </ul>

**Phase II: 6-10 Weeks Post-Op**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Minimize pain and inflammation</li> <li>• Gradual restoration of full PROM</li> <li>• Use modalities as needed to decrease pain and promote healing</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• Discontinue sling/immobilizer at week 6</li> <li>• Do not overstress healing tissue</li> <li>• Note: Patient must be able to elevate arm without shoulder or scapular hiking prior to initiating isotonic</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Progress PROM to full (pain free) ROM</li> <li>• Scapular/glenohumeral joint mobilization as indicated to restore ROM</li> <li>• AAROM (wand exercises) progress to AROM in scapular plane</li> <li>• Progress to full AROM by week 10</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Progress periscapular strengthening exercises</li> <li>• Continue sub-maximal isometrics (avoiding isometric with pec muscle lengthened)</li> </ul>

<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• No lifting, pulling, or pushing more than</li> <li>• No overhead work</li> <li>• No repetitive motions with the shoulder</li> <li>• Do not support bodyweight with operative shoulder</li> </ul>
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### **Phase III: 10-14 Weeks Post-Op**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Maintain full AROM</li> <li>• Use modalities as needed to decrease pain and promote healing</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• No use of sling/immobilizer</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Maintain full shoulder ROM</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• May use upper body ergometer</li> <li>• Progress resistive exercises</li> <li>• PNF diagonal patterns with manual resistance</li> <li>• Isotonic exercises with dumbbells</li> <li>• Dynamic stabilization and strengthening program (prone rowing, prone horizontal abduction, "full can", etc.)</li> <li>• Gentle two handed submaximal plyometrics such as chest pass, side to side throws, body blade</li> <li>• Gradual restoration of strength, power, and endurance</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Gradual return to functional activities</li> </ul>

### **Phase IV: 14+ Weeks Post-Op**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Maintain full, pain free AROM</li> <li>• Improve muscular strength and power</li> <li>• Return to functional activity</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• No sling/immobilizer use</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Maintain full AROM</li> <li>• Continue ROM and capsular stretching</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Progress shoulder strengthening exercises</li> <li>• Advance proprioceptive/neuromuscular activities</li> <li>• Initiate plyometrics</li> <li>• Incorporate work/sport specific strengthening and proprioceptive exercises</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Gradual return to strenuous work, recreational, or sport activities</li> </ul>