

# REHABILITATION FOLLOWING ARTHROSCOPIC ROTATOR CUFF REPAIR

*MEDIUM TO LARGE TEARS*

## PHASE I - IMMEDIATE POST-SURGICAL PHASE (DAYS 1-10)

### Goals

Maintain Integrity of the Repair

Gradually Increase Passive Range of Motion

Diminish Pain and Inflammation

Prevent Muscular Inhibition

### DAYS ONE TO SIX

- Abduction sling
- Pendulum Exercises
- Active Assisted ROM Exercise (L-Bar)
  - ER/IR in Scapular Plane at 45 degrees of abduction (pain-free ROM)
  - Passive ROM
  - Flexion to tolerance (painful ROM)
  - ER/IR in Scapular Plane at 45 degrees of abduction (pain-free ROM)
- Elbow/Hand Gripping & ROM Exercises
- Submaximal Painfree Isometrics (initiate days 4-5)
  - Flexion with elbow bent to 90 degrees
  - External Rotation
  - Internal Rotation
  - Elbow Flexors
- Cryotherapy for Pain and Inflammation
  - Ice 15-20 minutes every hour
- Sleeping
  - Sleep in sling

### DAYS SEVEN TO TEN

- Continue use of sling
- Pendulum Exercises
- Progress Passive ROM to Tolerance
  - Flexion to at least 115 degrees
  - ER in Scapular Plane at 45 degrees abduction to 20-25 degrees

- IR in Scapular Plane at 45 degrees abduction to 30-35 degrees
- Active Assisted ROM Exercises (L-bar)
  - ER/IR in Scapular Plane at 45 degrees abduction
  - Flexion to Tolerance\*
    - \*Therapist Provides Assistance by Supporting Arm (esp. with arm lowering)
- Continue Elbow/Hand ROM & Gripping Exercises
- Continue Isometrics (submaximal and subpainful)
  - Flexion with Bent Elbow
  - Extension with Bent Elbow
  - Abduction with Bent Elbow
  - ER/IR with Arm in Scapular Plane
  - Elbow Flexion
    - Initiate rhythmic stabilization ER/IR at 45 degrees abduction
- Continue Use of Ice for Pain Control
  - Use Ice at least 6-7 times daily
- Sleeping
  - Continue Sleeping in sling

## PRECAUTIONS

- No Lifting of Objects
- No Excessive Shoulder Extension
- No Excessive Stretching or Sudden Movements
- No Supporting of Body Weight by Hands
- Keep Incision Clean & Dry

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## PHASE II - PROTECTION PHASE (DAY 15 - WEEK 6)

### Goals

Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM (Week 4-5)

Re-Establish Dynamic Shoulder Stability

Decrease Pain & Inflammation

### DAYS 15 - 21

- Continue Use of Sling
- Passive Range of Motion to Tolerance
  - Flexion to 140-155 degrees
  - ER at 90 degrees abduction to at least 45 degrees
  - IR at 90 degrees abduction to at least 45 degrees

- Active Assisted ROM to Tolerance
  - Flexion (continue use of arm support)
  - ER/IR in Scapular Plane at 45 degrees abduction
  - ER/IR at 90 degrees Abduction
- Dynamic Stabilization Drills
  - Rhythmic Stabilization Drills
  - ER/IR in Scapular Plane
  - Flexion/Extension at 100 degrees Flexion and 125 degrees flexion
- Continue All Isometric Contractions
- Initiate scapular isometrics
- Continue Use of Cryotherapy as needed
- Continue All Precautions
  - No lifting
  - No excessive motion

### **WEEKS 4 - 5 | CONTINUE USE OF SLING**

- Patient should exhibit full passive range of motion by week 4
- Continue all exercises listed above
- Initiate ER/IR strengthening using exercise tubing at 0 degrees of abduction (use towel roll)
- Initiate Manual Resistance ER Supine in Scapular Plane (light resistance)
- Initiate Prone Rowing to Neutral arm Position
- Initiate prone shoulder extension
- Initiate ER strengthening exercises
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use heat prior to ROM exercises
- May use pool for light AROM exercises
- Rhythmic stabilization exercises (flexion 45, 90, 125 degrees) (ER/IR)

### **WEEKS 5 - 6 | CONTINUE USE OF SLING**

- May use heat prior to exercises
- Continue AAROM and Stretching exercises
  - Especially for movements that are not full
  - Shoulder flexion
  - ER at 90 degrees abduction
- Progress Isotonic Strengthening Exercise Program
  - ER Tubing
  - Sidelying IR
  - Prone Rowing
  - Prone Horizontal Abduction (bent elbow)
  - Biceps Curls (isotonics)

## PRECAUTIONS

- No Heavy Lifting of Objects
- No excessive behind the back movements
- No Supporting of Body Weight by Hands & Arms
- No Sudden Jerking Motions

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## PHASE III - INTERMEDIATE PHASE (WEEKS 7-14)

### Goals

Full Active ROM (Week 8-10)

Maintain Full Passive ROM

Dynamic Shoulder Stability

Gradual Restoration of Shoulder Strength

Gradual Return to Functional Activities

## WEEK 7 | DISCONTINUE USE OF SLING

- Begin Active Range of Motion
- Continue Stretching & PROM (as needed to maintain full ROM)
- Continue Dynamic Stabilization Drills
- Progress Strengthening Program
  - ER/IR Tubing
  - ER Sidelying
  - Lateral Raises\*
  - Full Can in Scapular Plane\*
  - Prone Rowing
  - Prone Horizontal Abduction
  - Prone Extension
  - Elbow Flexion
  - Elbow Extension\*
- \*Patient must be able to elevate arm without shoulder or scapular hiking before initiating isotonic; if unable, continue glenohumeral joint exercises.

## WEEK 8

- Continue all exercise listed above
- If physician permits, may initiate Light functional activities

## WEEK 10

- Continue all exercise listed above
- Progress to Fundamental Shoulder Exercises
- Therapist may initiate isotonic resistance (1 lb wt.) during flexion and abduction\*
- \*If non-painful normal motion is exhibited!

## WEEKS 11-14

- Progress all exercises

- Continue ROM and flexibility exercises
- Progress strengthening program (increase 1 lb/10 days \*non-painful)

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## PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 15 - 22)

### Goals

- Maintain Full Non-Painful ROM
- Enhance Functional Use of UE
- Improve Muscular Strengthen & Power
- Gradual Return to Functional Activities

### WEEK 15

- Continue ROM & Stretching to maintain full ROM
- Self Capsular Stretches
- Progress Shoulder Strengthening Exercises
  - Fundamental Shoulder Exercises
- Initiate Interval Golf Program (if appropriate)

### WEEKS 20- 22

- Continue all exercises listed above
- Progress Golf Program to playing golf (if appropriate)
- Initiate Interval Tennis Program (if appropriate)
- May Initiate Swimming

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## PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 23 - 36)

### Goals

- Gradual Return to Strenuous Work Activities
- Gradual Return to Recreational Sport Activities

### WEEK 23

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight
- Continue Progression to Sport Participation