



Rotator Cuff Decompression

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PHASE I (0-2 WEEKS POST OP): ROM, NEUROMUSCULAR CONTROL

- Wear sling
- PROM-All directions
- Codman's (pendulum)
- AROM of forearm/elbow
- AAROM as tolerated-PAIN FREE only
- Scapular sets-Progression Scapular Stabilization
- Submax Isometrics

Progress to AROM of shoulder as tolerated

PHASE II (2+ WEEKS POST OP): STRENGTHENING, STRETCHING, AROM, FUNCTIONAL EXERCISES

- Discharge sling
- AROM-All directions
- Continued AAROM/PROM (if needed to gain full ROM)
- Begin strengthening of rotator cuff, deltoid, scapular stabilizers
- Stretching (pecs, lats, upper trapezius, posterior cuff, thoracic extension)
- Neuromuscular re-education, scapular control

