



Type III Rotator Cuff Repair
Superior Capsular Reconstruction
(Large to Massive Tears, >4cm)

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- Phase I – Immediate Post Surgical Phase (Week 0-6)
- Will typically delay formal therapy approximately 6 weeks depending on surgical factors
 - Goals
 - Maintain integrity of repair
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sleeping
 - Sleep in sling/brace

- Phase II – Protection Phase (Week 6-10)
- Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually restore full PROM (Goal by week 8-10)
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation

- Week 6-8
 - Continue use of ice as needed
 - May use heat prior to ROM exercises
 - Continue use of sling until end of week 6-8 (Dr. Hess discretion)

- Week 9-10
 - May use heat prior to exercises
 - Initiate AAROM and stretching exercises (supine with therapist supporting arm)

- Precautions

- No lifting
- No excessive behind-the-back movements
- No supporting body weight with hands/arms
- No sudden, jerking movements

- Phase III – Intermediate Phase (Week 10-16)

- Goals
 - Full AROM (Week 12-14)
 - Maintain full PROM
 - Dynamic shoulder stability
 - Gradual restoration of shoulder strength and power
 - Gradual return to functional activities
- Initiate AROM exercises
- Shoulder flexion in scapular plane
- Shoulder abduction
- Continue above exercises
- May progress to light functional activities

- Phase IV –Advanced Strengthening Phase (Week 16-22)

- Goals
 - Maintain full ROM
 - Enhance functional use of limb
 - Improve shoulder strength and power
 - Gradual return to functional activities

- Phase V –Return to Activity Phase (Week 23-30)

- Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities