



Type II Rotator Cuff Repair  
(>1.5cm, <4cm tears)

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- Phase I – Immediate Post Surgical Phase (Week 0-4)
- Will typically delay formal therapy approximately 4 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
  - Precautions
    - No lifting
    - No excessive behind-the-back movements
    - No supporting body weight with hands/arms
    - No sudden, jerking movements
  
- Phase II – Protection Phase (Week 4-6)
- Goals
  - Allow healing of soft tissue
  - Do not overstress healing tissue
  - Gradually restore full PROM (Goal by week 5-6)
  - Re-establish dynamic shoulder stability
  - Decrease pain and inflammation
  
- Week 4-6
  - Continue use of ice as needed
  - Gradually progress to full PROM
  - May use heat prior to ROM exercises
  - Continue use of sling until end of week 6 (Dr. Hess discretion)

- Initiate AAROM and stretching exercises (supine with therapist supporting arm)
  - Week 6-7
    - May use heat prior to exercises
    - Continue AAROM and stretching exercises
    - Initiate AROM exercises
- Phase III – Intermediate Phase (Week 7-14)
  - Goals
    - Full AROM (Week 8-10)
    - Maintain full PROM
    - Dynamic shoulder stability
    - Gradual restoration of shoulder strength and power
    - Gradual return to functional activities
  - Continue stretching and PROM as needed to maintain ROM
  - Continue dynamic stabilization
  - Continue above exercises
  - May progress to light functional activities
- Phase IV –Advanced Strengthening Phase (Week 14-22)
  - 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