



Type I Rotator Cuff Repair
(Small tears <1.5cm)

Ryan W. Hess, MD
Dr. Hess Care Coordinator Phone: 763-302-2223
Fax: 763-302-2401

- Phase I – Immediate Post Surgical Phase (Week 0-2)
- Will typically delay formal therapy approximately 2 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 2-4)
- Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually restore full PROM (Goal by week 3-4)
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation

- Week 2-4
 - 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 4 (Dr. Hess discretion)

- Initiate AAROM and stretching exercises (supine with therapist supporting arm)
- Week 4-6
 - May use heat prior to exercises
 - Continue AAROM and stretching exercises
 - Initiate AROM exercises (Week 5)
- Phase III – Intermediate Phase (Week 6-12)
 - Goals
 - Full AROM (Week 6-8)
 - 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 12-18)
 - 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 18-24)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities