

## ARTHROSCOPIC ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

|                                   | <b>RANGE OF MOTION</b>  | <b>IMMOBILIZER</b>  | <b>EXERCISES</b>  |
|-----------------------------------|---|---|---|
| <b>PHASE I</b><br>0-4 weeks       | <b>0-2 weeks:</b> None<br><b>2-4 weeks:</b> begin PROM<br>Limit 90° flexion, 45° ER,<br>20° extension, 45°<br>abduction, 45° ABER | <b>0-2 weeks:</b><br>Immobilized at all<br>times day and night<br><br>Off for hygiene and<br>gentle home<br>exercise according<br>to instruction sheets<br><br><b>2-4 weeks:</b> Worn<br>daytime only | <b>0-2 weeks:</b> Elbow/wrist ROM, grip<br>strengthening and pendulums at home<br>only<br><br><b>2-4 weeks:</b> Begin PROM to ER to 45°<br>Codman's, posterior capsule<br>mobilizations; avoid stretch of anterior<br>capsule and extension<br><br>Closed chain scapula |
| <b>PHASE II</b><br>4-12 weeks*    | Begin active/active-<br>assisted ROM<br><br>Advance to 140° FE, 135°<br>abduction, 90° ABER, 45°<br>ABIR                          | None  | Continue Phase I work; begin active-<br>assisted exercises, deltoid/rotator cuff<br>isometrics at 8 weeks<br><br>Begin resistive exercises for scapular<br>stabilizers, biceps, triceps and rotator<br>cuff**   |
| <b>PHASE III</b><br>12-16 weeks   | Gradual return to<br>full AROM  | None  | Advance activities in Phase II;<br>emphasize external rotation and<br>latissimus eccentrics, glenohumeral<br>stabilization<br><br>Begin muscle endurance activities<br>(upper body ergometer)<br><br>Cycling/running as tolerated at<br>12 weeks                        |
| <b>PHASE IV</b> 4-<br>6 months*** | Full and pain-free  | None  | Aggressive scapular stabilization and<br>eccentric strengthening; scapular<br>perturbation<br><br>Begin plyometric and throwing/racquet<br>program, continue with endurance<br>activities<br><br>Maintain ROM and flexibility   |
| <b>PHASE V</b><br>6-8 months      | Full and pain-free  | None  | Progress Phase IV activities, return<br>to full activity as tolerated   |

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

\*\*If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op

\*\*\*Limited return to sports activities during Phase IV if cleared by surgeon