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ARTHROSCOPIC MEDIUM TO LARGE ROTATOR CUFF REPAIR POST-OPERATIVE REHABILITATION PROGRAM

(Greater than 1 cm less than 5 cm)

Phase One – Maximum Protection Phase (week 0-6)

A) Week 0-3

- 1) Brace or Sling with activity and sleeping for 6 weeks
- 2) Pendulum Exercises (Gentle)
- 3) PROM to tolerance in all shoulder motions
 - Shoulder flexion
 - ER/IR
- 4) Elbow ROM
- 5) Hand Gripping Exercises
- 6) Submaximal Isometrics at neutral (resting) position of shoulder initiated at 2 weeks for:
 - Flexors
 - Extensors
 - IR/ER
 - Elbow Flexors
- 7) AAROM therex
 - a. Flexion to 125°
 - b. ER/IR to 30°
- 8) Ice and pain modalities as tol
- 9) No Active Abduction for 6 weeks

B) Week 3-6

- 1) Discontinue brace or sling at 6 weeks
- 2) Continue with all other exercises as above
- 3) AAROM exercises
 - a. Shoulder flexion to 0° -145°
 - ER/IR range to tolerance
- 4) Continue with no active abduction until 6 weeks

Phase Two – Minimum Protection/Intermediate Phase (week 7-14)

A) Week 7-10

- 1) Continue with AAROM exercises
 - a. Flexion to 0-170°
 - b. ER/IR to tolerance (should be performed at 45-90° passive abduciton)
 - c. Abduction to tolerance

- 2) Begin AROM/Strengthening exercises
 - a. ER/IR with theraband at 0° abduction
 - b. Begin light shoulder flexion exercise with low weight
 - c. Elbow flexion/extension with low weight
 - d. Scapula stabilization exercises as tol
 - e. Begin abduction strengthening at 8 weeks

A) Week 10-14

- 1) Continue with all exercises above
- 2) Initiate isokinetic strengthening in the scapular plane with Biodex
- 3) Initiate sidelying ER/IR/ exercise with low weight
- 4) Initiate neuromuscular control exercises for scapular
- 5) Ensure that patient is not performing shoulder hiking as compensatory movements during shoulder flexion/abduction
- 6) Biodex testing (Week 12)

Phase Three – Advance Strengthening Phase (Week 15-26)

A) Week 15-20

- 1) Aggressive strengthening program as tolerated by patient
 - Shoulder flexion
 - Shoulder abduction to 90°
 - ER/IR
 - Elbow flexors/extensor
 - Scapula muscles
- 2) Begin PNF diagonal patterns with light to moderate weight as tolerated
- 3) Shoulder stabilization exercises below or at shoulder height

B) Week 21-26

- 1) Continue with aggressive strengthening
 - Progression abduction strengthening to 120-140°
- 2) Biodex test (week 24)
- 3) Initiate sport specific activity

Phase Four – Return to Activity Phase (Week 24-28)

A) Week 24-28

- 1) Continue with all strengthening exercises
- 2) Patient may start independent resistive exercise program at gym
- 3) Continue with sport specific activity
- 4) Return to work/sports activity