

Arthroscopic Rotator Cuff Repair Protocol

Phase 1	Surgery to 3 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Maximum Protection Phase
Precautions	<ul style="list-style-type: none"> • Sling immobilization – MD directed
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Pendulum exercises • Passive supine elevation using opposite hand • Hand, wrist, elbow ROM and PRE's • Scapular AROM / isometric / stabilization exercises in protective range • Deltoid isometrics submaximal and pain free in neutral • Modalities PRN

Phase 2	3 to 6 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Moderate Protection Phase
Precautions	<ul style="list-style-type: none"> • Sling immobilization – MD directed
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue above exercises progressing ROM to tolerance • Wand exercises forward flexion (neutral rotation) • ER / IR submaximal isometrics at modified neutral • Progress deltoid isometrics • Weight shifts / physioball scapular stabilization below horizontal • Initiate aquatic therapy (AAROM) once incisions healed

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Phase 3	6 to 14 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Early Strengthening Phase • Precautions: No lifting greater than 5 lbs (starting at week 12) unless cleared per physician
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue to progress ROM exercises to tolerance • Flexibility exercises • Initiate humeral head stabilization exercises • May begin pulleys once patient has normal scapulothoracic rhythm • Deltoid isometrics FF / ABD at 30° • Begin Theraband exercises IR / ER at modified neutral • FF elevation exercise (supine) PRE's • Glenohumeral elevation exercises without scapular substitution – PRE's • Upper body ergometer • Continue pool therapy

Phase 4	14 to 22 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Late Strengthening Phase • Advance lifting restrictions per physician
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Continue to progress ROM and flexibility • Progress rotator cuff isotonic • Continue with aggressive scapular exercises • Upper extremity PRE's for large muscle groups: pecs, lats, etc. • Begin isokinetic program, IR / ER emphasize eccentrics • Initiate plyometric exercises below horizontal

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Phase 5	22 to 28 weeks post-op
Rehabilitation Goals	<ul style="list-style-type: none"> • Return to Sport Phase
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Progress plyometrics • Individualize as to meet demands of sports specific requirements <ul style="list-style-type: none"> ○ Interval throwing program, racquet program • Emphasis on flexibility and periodization training