



Name:

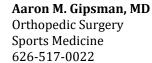
## Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair

Date:

Diagnosis:	Date of Surgery:
Phase I (Weeks 0-4)	
• Sling immobilization with supporting abduction	pillow to be worn at all times except for showering and
rehab under guidance of PT (if instructed to star	t before 6 weeks postsurgery)
If physician wants therapy to start before 4 weeks	s post op:
<ul> <li>Range of Motion – True Passive Range of Motion</li> </ul>	Only to Patient Tolerance
<ul> <li>Goals: 140° Forward Flexion, 40° Externa</li> </ul>	al Rotation with elbow at side, 60-80° Abduction without
rotation, Limit Internal Rotation to 40° w	vith the shoulder in the 60-80° abducted position
<ul> <li>Maintain elbow at or anterior to mid-axil</li> </ul>	llary line when patient is supine
<ul> <li>Therapeutic Exercise – No canes or pulleys durir</li> </ul>	ng this phase
<ul> <li>Codman Exercises/Pendulums</li> </ul>	
<ul> <li>Elbow/Wrist/Hand Range of Motion and</li> </ul>	GripStrengthening
<ul> <li>Isometric Scapular Stabilization</li> </ul>	
<ul> <li>Heat/Ice before and after PT sessions</li> </ul>	
Phase II (Weeks 4-8)	
<ul> <li>Discontinue sling immobilization at 6 weeks pos</li> </ul>	t surgery
Range of Motion	
<ul> <li>4-6 weeks: Gentle passive stretch to real</li> </ul>	ch ROM goals from Phase I
o 6-8 weeks: Begin AAROM → AROM as to	S .
Therapeutic Exercise	
o <b>4-8 weeks:</b> Being gentle AAROM exercis	es (supine position), gentle joint mobilizations (grades I
and II), continue with Phase I exercises	
Phase III (Weeks 8-12)	
<ul> <li>Range of Motion – Progress to full AROM withou</li> </ul>	t discomfort
• Therapeutic Exercise	t discomind t
Continue with scapular strengthening	
<ul> <li>Continue and progress with Phase II exer</li> </ul>	rcises
Begin Internal/External Rotation Isometry	

Modalities per PT discretion

o Stretch posterior capsule when arm is warmed-up





- Range of Motion Full without discomfort
- Therapeutic Exercise Advance strengthening as tolerated starting at 4 months: isometrics → therabands
   → light weights (1-5 lbs),
  - o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
  - Return to sports at 6 months if approved
- Modalities per PT discretion
- No strengthening or resistance exercises until 4 months post-op.

## **Comments:**

\*\*IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP

Frequency: times per week	Duration: weeks
Signature:	Date: