

ARTHROSCOPIC ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Passive range only - to tolerance - maintain elbow at or anterior to mid-axillary line while supine - limit internal rotation at 90° to 40° and behind back to T12	Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercise	Codman's, Pendulum Exercise, elbow/wrist/hand ROM grip strengthening, isometric scapular stabilization
PHASE II 4 - 8 weeks	4-6 weeks: Gentle passive stretch to 140° of forward flexion, 40° external rotation at side, and abduction to 60-80° - increase internal rotation gently at 90° to 60° and behind back to T7-T8 6-8 weeks: increase ROM to tolerance	None	4-6 weeks: begin gentle active assistive exercises (supine position), begin gentle joint mobilizations (grades I and II), continue with phase I exercises 6-8 weeks: progress to active exercises with resistance, shoulder flexion with trunk flexed to 45 degree in upright position, begin deltoid and biceps strengthening*
PHASE III 8 - 12 weeks	Progress to full motion without discomfort	None	Continue with scapular strengthening, progress exercises in phase II, begin internal/external rotation isometrics, stretch posterior capsule when arm is warmed-up
PHASE IV 12 weeks - 5 months	Full without discomfort	None	Advance exercises in phase III, begin sport-specific activities, maintain flexibility, increase velocity of motion, return to sports activities**

*If biceps tenodesis is concomitantly performed, **NO** biceps strengthening until 8 weeks post-operative

**If approved by physician