

ROTATOR CUFF REPAIR REHABILITATION PROGRAM

(Small to Medium Tear)

Modified from Thigpen et. al. The American Society of Shoulder and Elbow Therapists' Consensus Statement on Rehabilitation Following Arthroscopic Rotator Cuff Repair. Journal of Shoulder and Elbow Surgery. 2016.

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-2 WEEKS POST-OP	<ul style="list-style-type: none"> • PROM of shoulder for first 2 weeks • ROM as tolerated for elbow, wrist and hand • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok) 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Codman's Pendulums • Cervical ROM • Begin scapula musculature isometrics / sets • Elbow, wrist, hand ROM • Ball squeezes • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok)
PHASE II: 2-4 WEEKS POST-OP	<ul style="list-style-type: none"> • Passive Forward Elevation (PFE): 60 degrees • Passive External Rotation (PER) at 20° of abduction: 0° • PER at 90° of abd: NA • Active Forward Elevation (AFE): NA • For Biceps Tenodesis: • No Active elbow flexion until 4 weeks (AAROM ok) 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Codman's Pendulums • Therapist assisted Forward Elevation • Supine passive ER stretches with broom handle • Table slides • Continue scapula musculature isometrics / sets • Elbow, wrist, hand ROM • Ball squeezes • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok)
PHASE III: 4-6 WEEKS POST-OP	<ul style="list-style-type: none"> • PFE: 90° • PER at 20° of abd: 20° • PER at 90° of abd: NA • AFE: NA 	<ul style="list-style-type: none"> • Continue use of sling until end of Week 5 • Between Week 5 and 6 may wear sling for comfort only • Discontinue sling at end of Week 6 	<ul style="list-style-type: none"> • Continue Phase I and II exercises • Supine AAROM • Pulley exercises • Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting • Gentle joint mobilization and soft tissue mobilization

<p>PHASE IV: 6-12 WEEKS POST-OP</p>	<p>6 WEEKS</p> <ul style="list-style-type: none"> • PFE: 90° - 120° • PER at 20° of abd: 20° - 30° • PER at 90° of abd: NA AFE: NA <p>9 WEEKS</p> <ul style="list-style-type: none"> • PFE: 130° - 155° • PER at 20° of abd: 30° - 45° • PER at 90° of abd: 45°-60° AFE: 80°-120° <p>12 WEEKS</p> <ul style="list-style-type: none"> • PFE: 140° - WNL • PER at 20° of abd: 30° - WNL • PER at 90° of abd: 75° - WNL AFE: 120°-WNL 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin unrestricted AROM against gravity at 6 weeks • Stretching, mobs, ROM exercises • NO ROTATOR CUFF RESISTANCE EXERCISES • Progress supine to seated to standing AAROM • Progress pool based AAROM if available • Towel Slide or horizontal dusting • AAROM supine washcloth press-up • AROM supine press-up • Side-lying supported active elevation (on box or exercise ball) • AROM reclined wedge press-up • Supine elastic band Forward Elevation • Aquatic Forward Elevation at slow speed
<p>PHASE V: 8-16 WEEKS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin light theraband resistance exercises for the rotator cuff at 12 weeks • AROM or Resisted Pully Forward Elevation • Incline Dusting • Ball roll on wall • FE with upright T-bar • AAROM elevation • Upright T-bar AAROM FE, active lowering • Upright active FE with no weight • Upright active FE 1 lbs. • Aquatic FE fast speed • Side-lying dumbbell ER at 0°, resistance of 25% of MVIC • Elastic resistance ER, IR and forward punch • Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids • Progress with theraband exercises slowly to tolerance • Begin to add sport and job specific activities

<p>PHASE VI: 12-20 WEEKS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Endurance • High, middle and low scapular rows • Standing dumbbell ER at 0° abd, 10-rep max • Standing dumbbell ER in scapular plane, 10-rep max • Elastic resistance shoulder flexion • Elastic resistance throwing accelerate • Elastic IR at 90°
<p>PHASE VII: 20+ WEEKS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Strengthening • Upright FE 3-4 lb, 10 rep max • Side-lying dumbbell ER at 0°, 10-rep max • Prone horizontal abd, 10-rep max • Seated military press • Elastic resistance ER at 90° • Elastic resistance throwing decelerate • Standing dumbbell ER at 90° abd, 10-rep max • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Weight Training • Skiing • Golf • Basketball • Manual Labor
<p>PHASE VIII: 8+ MONTHS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Throwing Sports • Tennis • Volleyball