

Arthroscopic Rotator Cuff Repair

Phase I - Immediate Post-Surgical Phase (Day 1-14)

Goals: Maintain Integrity of the Repair

Gradually Increase Passive Range of Motion

Diminish Pain and Inflammation

Prevent Muscular Inhibition

Day 1-10

Sling

Pendulum Exercises 4x daily (flexion, circles)

Elbow/Hand Gripping & ROM Exercises

Cryotherapy for Pain and Inflammation

Ice 15-20 minutes every hour

Sleeping

Sleep in Sling or Brace

Precautions:

1. Maintain Arm in Brace, Remove Only for Exercise
2. No Lifting of Objects
3. No Excessive Shoulder Extension
4. No Excessive or Aggressive Stretching or Sudden Movements
5. No Supporting of Body Weight by Hands
6. Keep Incision Clean & Dry

II. Phase II - Protection Phase (Week 3-6)

Goals: Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM (Week 4-5)

Re-Establish Dynamic Shoulder Stability

Decrease Pain & Inflammation

Week 3 -4:

Continue pendulum exercises

If motion not progressing will consider starting formal physical therapy, otherwise will continue home pendulum exercises

Continue use of ice as needed if still swollen

Week 5 - 6:

Start formal physical therapy at week 5

Pendulum exercises

PROM exercises as tolerated

No AAROM, or AROM

Goal is to achieve near full PROM by week 7

Precautions:

1. No Lifting
2. No excessive behind the back movements
3. No Supporting of Body Weight by Hands & Arms
4. No Sudden Jerking Motions

III. Phase III - Intermediate Phase (Week 7-10)

Goals:

Maintain Full Passive ROM

Dynamic Shoulder Stability

Week 7-10

Continue PROM (as needed to maintain full ROM)

Start AAROM exercises (i.e pulleys, etc)

Week 11-15

Start AROM exercises as tolerated and RTC strengthening

IV. Phase IV - Advanced Strengthening Phase (Week 16 - 22)

Goals: Maintain Full Non-Painful ROM

Enhance Functional Use of UE

Improve Muscular Strengthen & Power

Gradual Return to Functional Activities

Week 16:

Continue ROM & Stretching to maintain full ROM

Self Capsular Stretches

Progress Shoulder Strengthening Exercises

Fundamental Shoulder Exercises

Week 20:

Continue all exercises listed above

Continue to Perform ROM Stretching, if motion is not complete

Phase V Return to Activity Phase (Week 23 - 30)

Goals: Gradual Return to Strenuous Work Activities
Gradual Return to Recreational Sport Activities

Week 23:

Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
Continue Stretching, if motion is tight

Week 26:

May initiate interval sport program (i.e., golf, etc)