



Arthroscopic Rotator Cuff Repair

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/ week HEP daily	Protect surgical repair Edema and pain control		Sling at all times including sleep Remove for hygiene & exercises	Codman & Pendulum Sidelying scapular stabilization Elbow, wrist, hand ROM Gripping exercises
Phase II Weeks 4-12 PT 2-3x/ week HEP daily	Protect surgical repair Restore ROM Gradual return to light ADL's below 90° elevation Normal scapulohumeral rhythm below 90° elevation Avoid shoulder shrug with AROM elevation	No ER > 40° until 6 weeks No FF > 120° until 6 weeks	Sling except shower & exercises D/c sling at 6 weeks	Weeks 4-6: Joint mobilizations Scapular stabilization Deltoid, biceps, triceps isometrics PROM: FF plane scapula 120°, ER 20° Weeks 7-12 Advance scapular stabilization Improve scapulohumeral rhythm below 90° Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM plain scapula (supine → standing) Begin ER & IR isometrics Hydrotherapy if available
Phase III Weeks 12-20 PT 2-3x/ week HEP daily	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5 Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching	Full	None	A/AA/PROM no limits Continue scapular stabilization Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff OK to begin running/cycling at 12 weeks
Phase IV Weeks 20+ PT 1x/ week HEP daily	Full ROM and strength Improve endurance Prevent re-injury Avoid painful activities	Full	None	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities Throwing/racquet program ~5 months Contact sports 6 months Throwing/racquet program 4-5 months

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- DISTAL CLAVICLE EXCISION:** Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°.
- BICEPS TENODESIS:** Weeks 0-4: no active elbow flexion. → Weeks 4-8: begin biceps isometrics. → Weeks 8+: begin biceps resistance training.
- SUBSCAPULARIS REPAIR:** Weeks 0-4: no ER>0°, no active IR → Weeks 4-6 no ER>30°, FF>90°, or extension>20° → Weeks 6-12: begin active IR. → Weeks 12+: begin resisted IR.