

Therapist _____

Phone _____

Type One Rotator Cuff Repair Arthroscopic Assisted Small to Medium Tears (1 cm or less)

I. Phase I - Immediate Post-Surgical Phase (Day 1-10)

Goals: Maintain Integrity of the Repair
Gradually Increase Passive Range of Motion
Diminish Pain and Inflammation
Prevent Muscular Inhibition

Day One to Six:

- Sling
- Pendulum Exercises 4-8x daily (flexion, circles)
- Active Assisted ROM Exercise (L-Bar)
 - ER/IR in Scapular Plane
- Passive ROM
 - Flexion to tolerance
 - ER/IR in Scapular Plane
- Elbow/Hand Gripping & ROM Exercises
- Submaximal & Painfree Isometrics
 - Flexion
 - Abduction
 - External Rotation
 - Internal Rotation
 - Elbow Flexors
- Cryotherapy for Pain and Inflammation
 - Ice 15-20 minutes every hour
- Sleeping
 - Sleep in Sling

Day Seven to Ten:

- Discontinue Sling at Day 7 to 10
 - Continue Pendulum Exercises
 - Progress Passive ROM to Tolerance
 - Flexion to at least 115 degrees
 - ER in Scapular Plane to 45-55 degrees
 - IR in Scapular Plane to 45-55 degrees
 - Active Assisted ROM Exercises (L-bar)
 - ER/IR in Scapular Plane
 - Flexion to Tolerance*
 - Continue Elbow/Hand ROM & Gripping Exercises
- *Therapist Provides Assistance by Supporting Arm



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- Continue Isometrics
 - Flexion with Bent Elbow
 - Extension with Bent Elbow
 - Abduction with Bent Elbow
 - ER/IR with Arm in Scapular Plane
 - Elbow Flexion
 - May initiate ER/IR tubing at 0 degrees Abduction, if patient exhibits necessary AROM
- Continue Use of Ice for Pain Control
 - Use Ice at least 6-7 times daily
- Sleeping
 - Continue Sleeping in Sling until Physician Instructs (Usually Day 7-10)

Precautions:

1. No Lifting of Objects
2. No Excessive Shoulder Motion Behind Back
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands
5. Keep Incision Clean & Dry

II. Phase II - Protection Phase (Day 11 – Week 5)

Goals: Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM (Week 2-3)

Re-Establish Dynamic Shoulder Stability

Decrease Pain & Inflammation

Day 11 – 14:

- Passive Range of Motion to Tolerance
 - Flexion 0-145/160 degrees
 - ER at 90 degrees abduction to at least 75-80 degrees
 - IR at 90 degrees abduction to at least 55-60 degrees
- Active Assisted ROM to Tolerance
 - Flexion
 - ER/IR in Scapular Plane
 - ER/IR at 90 degrees Abduction
- Dynamic Stabilization Drills
 - Rhythmic Stabilization Drills
 - ER/IR in Scapular Plane
 - Flexion/Extension at 100 degrees Flexion
- Continue Isotonic ER/IR with Tubing
- Initiate Active Exercise Prone Rowing & Elbow Flexion
- Initiate Active Exercise Flexion & Abduction (Day 15)
- Continue Use of Cryotherapy

Week 3 - 4:

- Patient should exhibit full passive range of motion, nearing full active range of motion
- Continue all exercises listed above
- Initiate Scapular Muscular Strengthening Program
- Initiate Side lying ER Strengthening (Light Dumbbell)
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use pool for light ROM exercises

Week 5:

- Patient should exhibit full active range of motion
- Continue AAROM and Stretching exercises
- Progress Isotonic Strengthening Exercise Program
 - ER Tubing
 - Sidelying ER
 - Prone Rowing
 - Prone Horizontal Abduction
 - Shoulder Flexion (Scapular Plane)
 - Shoulder Abduction
 - Biceps Curls

Precautions:

1. No Heavy Lifting of Objects
2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

III. Phase III – Intermediate Phase (Week 6-12)

Goals: Gradual Restoration of Shoulder Strength & Power
Gradual Return to Functional Activities

Week 6:

- Continue Stretching & PROM (as needed to maintain full ROM)
- Continue Dynamic Stabilization Drills
- Progress Isotonic Strengthening Program
 - ER/IR Tubing
 - ER Sidelying
 - Lateral Raises
 - Full Can in Scapular Plane
 - Prone Rowing
 - Prone Horizontal Abduction
 - Prone Extension

- Elbow Flexion
- Elbow Extension
- If physician permits, may initiate Light functional activities

Week 8-10:

- Continue all exercise listed above
- Progress to Independent Home Exercise Program (Fundamental Shoulder Exercises)
- Initiate Interval Golf Program (Slow Rate of Progression)

IV. Phase IV – Advanced Strengthening Phase (Week 12 - 20)

Goals: Maintain Full Non-Painful Active ROM
Enhance Functional Use of UE
Improve Muscular Strengthen & Power
Gradual Return to Functional Activities

Week 12:

- Continue ROM & Stretching to maintain full ROM
- Self Capsular Stretches
- Progress Shoulder Strengthening Exercises
 - Fundamental Shoulder Exercises
- Initiate Swimming or Tennis Program (if appropriate)

Week 15:

- Continue all exercises listed above
- Progress Golf Program to playing golf (if appropriate)

V. Phase V – Return to Activity Phase (Week 20 - 26)

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

Week 20:

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight
- Continue Progression to Sport Participation