



# ADVANCED ORTHOPAEDIC SPECIALISTS



Dr. Chris Arnold  
Dr. Terry Sites  
Dr. Ramon Ylanan  
Dr. Mark Powell

## ARTHROSCOPIC ROTATOR CUFF REPAIR REHABILITATION PROTOCOL

	Range of Motion	Immobilizer	Avoid	THERAPEUTIC EXERCISE
<b>PHASE I</b> 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 <b>0-1 week:</b> Codman's/elbow ROM <b>2-4 weeks:</b> Forward flexion in scapular plane	Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercise	Avoid lifting/pushing/pulling anything that weighs more than 2-3 pounds. Avoid abduction Avoid external rotation greater than 90°	Codman's, Pendulum Exercise, elbow/wrist/hand ROM grip strengthening, isometric scapular stabilization
<b>Phase II</b> 4 - 8 weeks	<b>4-6 weeks:</b> 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  Forward passive ROM	Discontinue sling at 6 weeks post-op	Avoid lifting/pushing/pulling anything that weighs more than 5 pounds	<b>4-6 weeks:</b> begin gentle active assistive exercises (supine position), begin gentle joint mobilizations (grades I and II), continue with phase I exercises  <b>6-8 weeks:</b> progress to active exercises with resistance, shoulder flexion with trunk flexed to 45 degree in upright position, begin deltoid and biceps strengthening*
<b>Phase III</b> 8 - 12 weeks	Progress to full active motion without discomfort  Begin strengthening	None	No strenuous lifting/pushing/pulling	Continue with scapular strengthening, progress exercises in phase II, begin internal/external rotation isometrics, stretch posterior capsule when arm is warmed-up
<b>Phase IV</b> 12 weeks - 5 months	Full without discomfort	None	Sudden resumption to physical activity	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