



ADVANCED ORTHOPAEDIC SPECIALISTS



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Arthroscopic Rotator Cuff Repair Rehabilitation Protocol

	Range of Motion	Immobilizer	Avoid	Therapeutic Exercises
Phase I 0 - 4 weeks <i>PT 2x/week</i>	Goals- PROM Full passive range of motion forward flexion by week 4	- Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercise - 10 days d/c Abd. pillow	- Avoid lifting/pushing/pulling anything that weighs more than 2-3 pounds. - Avoid any active shoulder motion, especially any motion causing elbow to move away from body.	Codman's, Pendulum Exercise, elbow/wrist/hand ROM grip strengthening, isometric scapular stabilization, PROM- flexion only
Phase II 4 - 8 weeks <i>PT 1-2x/week</i> <i>AFP 1-2x/week</i>	Goals- PROM - Full forward flexion at 180° - Full ER at 90° - Full IR at 80° - Abduction to 90°	Discontinue sling at 6 weeks post-op	Same as above.	PROM all planes
Phase III 8 - 12 weeks <i>PT 1-2x/week</i> <i>AFP1-2x/week</i>	Full AROM by week 12	None	Avoid lifting any object heavier than a coffee cup.	Start with gravity-eliminated motions, advance to movements against gravity
Phase IV 12 weeks - 5 months	Full AROM of all planes by week 12	None	Avoid sudden resumption to physical activity.	Begin strengthening exercise for rotator cuff and scapula stabilizers. Emphasize low resistance and high repetitions.