

Arthroscopic Rotator Cuff repair Rehabilitation Program

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Diagnosis: Right / Left Rotator Cuff Repair _____

Date of Surgery: _____

- Stretching exercises to regain motion are performed in sets of 5 repetitions, for 10seconds, 5 times per day. The exercises are to be initiated at the first therapy visit. All exercises are intended for home rehabilitation.
- Abduction immobilizers are used for large and massive rotator cuff tears in order to relax the supraspinatus and infraspinatus repairs

Weeks 0-5 (Phase I):

- Sling in neutral rotation (padded abduction sling)
- Codman/Pendulum exercises x 1 week
- Week 2 begin Passive (self-assisted) supine shoulder forward elevation and external rotation and upright internal rotation
- Wrist and elbow ROM, grip strengthening
- Encourage home exercises 5x/day
- D/C sling after 5 weeks
- Grip strengthening
- No canes/pulleys until 5 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT per therapist's discretion

ROM Goals

| | Wk 6 |
|---------------------------|----------------------|
| Passive forward elevation | 140° |
| Active forward elevation | Above shoulder level |
| Passive external rotation | 40° |
| Passive internal rotation | Upper lumbar |

Weeks 5-12 (Phase III):

- Begin AAROM→AROM as tolerated
- If Stiffness develops, strengthening is delayed to work on stretching
- Goals: Same as above, but can increase as tolerated
- Pulleys for assisted elevation to begin gentle strengthening and elevation patterning
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- At 8 weeks, can begin strengthening/resisted motions; may work up to only 2lb resistance by 12wks
- Isometrics with arm at side beginning at 8 weeks

Months 3-12 (Phase IV):

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 1/2 months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op