



ARTHROSCOPIC ROTATOR CUFF REPAIR/RECONSTRUCTION SHOULDER REHABILITATION FOR SMALL/MEDIUM TEAR (NOT SUBSCAPULARIS)

PHASE I: Sling immobilizer for 4 weeks- including sleep

- Post op to 4 weeks Strictly Passive range of motion (ROM)
- Pendulums to warm up -Scapular isometrics
 - » Begin Phase I in the supine position for elevation and external rotation, and progress to upright
 - » Start internal rotation behind back at post op day (POD) #29
 - » Elbow, wrist and hand active ROM
 - » Pulleys ok

PHASE II: Begin Week 5 (POD #29)

- Discontinue sling
- Active range of motion to full all planes. Avoid impingement positions
- Light activities of daily living ok (e.g. grooming, feeding)
- No lift greater than 1 pound with operative arm until 2 months PO
- When Phase II is initiated, return to supine for elevation and progress to upright
- Light terminal stretching
- Isometric strength (except supraspinatus) with arm at side: begin six weeks post op
- Scapular stabilization

PHASE III: Begin after 8 weeks postop

- Theraband resisted strengthening
- 15 or more reps to fatigue to progress to next band; 3 sets BID minimum; Emphasize entire rotator cuff and scap stabilizers
- Light weights OK at least 10 wks post-op after progressing well with stiffest theraband
- Terminal Stretching Three months post op
- Late terminal stretching
- Progressive strength training &/or work hardening
- All activity below shoulder level OK WEIGHT TRAINING PROGRAM
 - » No long lever-arm exercises
 - » No impingement positions
 - » No overhead strengthening until Fourth post op month

RETURN TO ACTIVITIES

- Ski 4 months
- Golf 4 months/ chip and putt at 2-3 months
- Tennis 4 months (except overhead serve)
- Contact Sports 6 months
- Heavy labor/lift 4 months