

## Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

- Phase I (Weeks 0-4)**
- Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT
    - Therapeutic Exercise -
    - Elbow/Wrist/Hand Range of Motion and Grip Strengthening

- Phase II (Weeks 4-8)**
- Discontinue sling immobilization
  - Range of Motion
    - **6-8 weeks:** Begin PROM □ AAROM as tolerated
  - Therapeutic Exercise
    - **6-8 weeks:**
    - Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
    - Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening\*\*

- Phase III (Weeks 11-16)**
- Range of Motion - Progress to full AROM without discomfort
  - Therapeutic Exercise
    - Continue with scapular strengthening
    - Continue and progress with Phase II exercises
    - Begin Internal/External Rotation Isometrics
    - Stretch posterior capsule when arm is warmed-up

- Phase IV (Months 4-6)**
- Range of Motion - Full without discomfort
  - Therapeutic Exercise - Advance strengthening as tolerated: isometrics □ therabands □ light weights (1-5 lbs),
    - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
    - Return to sports at 6 months if approved
  - Modalities per PT discretion

**Comments:**

**\*\*IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP**

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_