

Post-operative Rehabilitation Protocol

Arthroscopic Rotator Cuff Repair (Small-to-Medium)

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 4-5 months after surgery - You will be wearing sling full time for minimum 4 weeks - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Protection Phase <i>Weeks 0 - 2</i>	No Shoulder ROM Elbow/forearm/wrist motion ONLY	Sling w/ abduction pillow at all times, except for hygiene	<u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Pendulum and grip strengthening
Therapy Phase 1 <i>Weeks 2 - 4</i>	Passive ROM only, including FF, ER, and ABD (w/in comfortable range) No AROM/AAROM	Sling w/ abduction pillow at all times, except for hygiene	<u>Exercises</u> : Continue pendulums, begin scapular exercises (in sling) including elevation with shrugs, depression, retraction, and protraction. <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 4 - 8</i>	Begin AAROM: <ul style="list-style-type: none"> • Wk 4-5: perform while Supine • Wk 5-6: perform with back elevated 45° • Wk 6+: Upright 	Wean out of sling as tolerated	<u>Exercises</u> : Progress Phase 1 exercises. Begin cuff isometrics with arm at side at 6 wks <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 3 <i>Weeks 8 - 12</i>	Progress Active ROM	None	<u>Exercises</u> : Progress Phase 1 and 2 exercises. Isometric exercises with pillow or folded towel without moving shoulder. No resistance exercises until 12 wks <u>Modalities</u> : Per therapist
Therapy Phase 4 <i>Weeks 12-16</i>	Goal: Full painless ROM before progresses to this phase	None	<u>Exercises</u> : gentle resistance with elastic bands or hand weights (1-5 lbs) 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers. Only do strengthening 3x/wk to avoid tendonitis <u>Modalities</u> : Per therapist
Therapy Phase 5 <i>Weeks 16+ Return to Sport</i>	Full Painless ROM	None	<u>Exercises</u> : Plyometrics (e.g. weighted ball toss), Sports-related rehab at 4.5 months Return to throwing at 6 months Collision sports at 9 months