

Arthroscopic Rotator Cuff Repair Postoperative Rehab Protocol

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
- Range of Motion: True Passive Range of Motion Only to Patient Tolerance
 - Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise: No canes or pulleys during this phase
 - Codman Exercises/Pendulums
 - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

Phase II: Weeks 4-8

- Discontinue sling immobilization
- Range of Motion
 - 4-6 weeks: Gentle passive stretch to reach ROM goals from Phase I
 - 6-8 weeks: Begin AAROM → AROM as tolerated
- Therapeutic Exercise
 - 4-6 weeks: Begin gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - 6-8 weeks: Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening**
- Modalities per PT discretion

Phase III: Weeks 8-12

- 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
- Modalities per PT discretion

Phase IV: Months 3-6

- 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

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