

## Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair

### Phase 1 (Weeks 0-4)

- **Sling:** 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 Exercises:** 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 2 (Weeks 4-8)

- **Sling:** Discontinue sling immobilization at 4 weeks post-op
- **Range of Motion**
  - **4-6 weeks:** Gentle passive stretch to reach ROM goals from Phase I
  - **6-8 weeks:** Begin independent AAROM → AROM as tolerated
- **Therapeutic Exercises**
  - **4-6 weeks:** Begin gentle therapist-directed AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
  - **6-8 weeks:** Progress to active exercises, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening\*\*
    - **\*\*IF BICEPS TENODESIS WAS PERFORMED, NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP**
- Modalities per PT discretion

### Phase 3 (Weeks 8-10)

- **Range of Motion:** Progress to full AROM without discomfort
- **Therapeutic Exercises**
  - 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 4 (Weeks 10-26)

- **Range of Motion:** Full without discomfort
- **Therapeutic Exercises:** Advance strengthening as tolerated: isometrics → therabands → light weights
  - 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