

## 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: \_\_\_\_\_