

REHABILITATION PROTOCOL: ARTHROSCOPIC ROTATOR CUFF REPAIR

☐ Phase 1 (Weeks 0-4)

- Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under the guidance of PT
- Range of motion
 - True PROM only to patient tolerance
 - Goals: 140° of forward flexion, 0° of external rotation with elbow at side, 60-80° of abduction without rotation, limit internal rotation to 40° with shoulder in the 60-70° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic exercises
 - Codman exercises/ pendulums
 - Elbow, wrist, hand range of motion
 - Grip strengthening
 - Isometric scapular stabilization
- Heat/ ice before and after physical therapy sessions

☐ Phase 2 (Weeks 4-8)

- Discontinue sling immobilization at 6 weeks
- Range of motion
 - 4-6 weeks: gentle passive stretch to reach ROM goals from Phase 1
 - 6-8 weeks: begin AAROM → AROM as tolerated
- Therapeutic exercises
 - 4-6 weeks: begin gentle AAROM exercises (supine), gentle joint mobilizations (grades I/II), continue with Phase 1 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 (if tenodesis performed, no biceps strengthening until 8 weeks postop)
- Modalities per PT discretion

☐ Phase 3 (Weeks 8-12)

- Range of motion
 - Progress to full AROM without discomfort
- Therapeutic exercises
 - Continue scapular strengthening and Phase 2 exercises
 - Begin internal and external rotation isometrics
 - Stretch posterior capsule when arm is warmed-up
- Modalities per PT discretion

☐ Phase 4 (Months 3-6)

- Range of motion
 - Full without discomfort
- Therapeutic exercises
 - Advance strengthening as tolerated: isometrics therabands light weights (1-5lbs)
 - Rotator cuff, deltoid, and scapular stabilization 8-12 repetitions/ 2-3 sets
 - Return to sports at 6 months if approved
- Modalities per PT discretion