

Rehabilitation Protocol: **Arthroscopic Rotator Cuff Repair**

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Passive ROM only. Advance as tolerated. Goals: FF= 140°. ABD= 60° - 80°. ER= 40° at side.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Isometric scapular stabilizers exercises.
PHASE II 4 - 6 weeks	Continue PROM stretch to goals above. Add A/AAROM as tolerated.	Discontinue sling at 4 weeks. Massive tear at 6 weeks. Time for sling included in postop instructions.	Begin gentle active-assisted exercises without resistance. Pulleys. Joint mobilizations (grades I & II)
Phase II 6 - 8 weeks	Full P/AROM as tolerated.	None.	Begin active exercise.
PHASE III 8 - 12 weeks	Progress to full active motion. No restrictions. Begin posterior capsular stretching.	None.	Active exercises with light resistance. Therabands. Continue scapular strengthening. Add IR/ER isometrics.
PHASE IV 3 - 6 months	Full painless motion.	None.	Advance Therabands strengthening. May begin light weights. Begin functional sport/work specifics. Return to previous activity level.

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* If a biceps tenodesis was performed, no resisted biceps strengthening for 8 weeks post-op. If a distal clavicle excision was performed, horizontal adduction is restricted for 8 weeks post-op.