

Arthroscopic Rotator Cuff Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1x/week HEP daily	Edema and pain control Protect surgical repair ROM distal to shoulder	Sling at all times including sleep Remove for hygiene & exercises Ok to remove sling when seated Limit WB to cell phone	Codman & Pendulum Sidelying scapular stabilization Elbow, wrist, hand ROM Week 2: Begin supine passive FF to 90°
Weeks 4-12 PT 2-3x/week HEP daily	Protect surgical repair P→AA→A ROM Goal: symmetric motion at 12weeks Gradual return to light ADL's below 90° elevation Normal scapulohumeral rhythm below 90° elevation	DC sling at 4 weeks Wear in public as needed No ER >40° until 6 weeks No FF >120° until 6 weeks Avoid maximal cuff activation Avoid "shrug" with activity Limit overhead activity	Weeks 4-6: Joint mobilizations Scapular stabilization Deltoid, biceps, triceps isometrics PROM: FF plane scapula 120°, ER 20° Weeks 7-12 Initiate table slides, supine AAROM FF Progress P→ AA/AROM to full, wand exercises, IR behind back AAROM plain scapula (supine → standing) Improve scapulohumeral rhythm below 90° Begin ER & IR isometrics
Weeks 12-20 PT 2-3x/week HEP daily	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	Avoid painful ADL's Avoid rotator cuff inflammation Progress overhead activity only with proper stability OK to begin jogging, avoid falls	A/AA/PROM no limits, include child's pose dog and supported hangs if limited FF Continue scapular stabilization Advance scapulohumeral rhythm Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff
Weeks 20+ PT 1-2x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury Return to exercise	Avoid painful activities No contact/racket/throwing sports Return to sport (MD directed) Isokinetic strength 85% symmetry before progression	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities Throwing/racquet program ~5 months Contact sports 6-9 months

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- BICEPS TENODESIS:** Weeks 0-4: Avoid terminal elbow extension and resisted elbow flexion. Gentle mid-arc AROM OK → Weeks 2: Begin biceps isometrics → Weeks 8+: Begin biceps resistance training.
- SUBSCAPULARIS REPAIR:** Weeks 0-4: no ER>0°, no active IR → Weeks 4-6 no ER>30°, FF>90°, or extension>20° → Weeks 6-12: begin active IR. → Weeks 12+: begin resisted IR.
- MASSIVE RCR:** Weeks 0-4: sling → Week 4-6: start pendulums → Week 6+: Initiate supine P/AAROM to 120 degrees. → Defer strengthening until 4mo postop