

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	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	Sling except shower & exercises DC sling at 6 weeks 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 Improve scapulohumeral rhythm below 90° Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45°, wand exercises, IR behind back AROM plain scapula (supine → standing) Begin ER & IR isometrics Hydrotherapy if available
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 running/cycling	A/AA/PROM no limits Continue scapular stabilization Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) 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 months

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- DISTAL CLAVICLE EXCISION:** Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°.
- BICEPS TENODESIS:** Weeks 0-4: No active elbow flexion, Avoid terminal elbow extension, pendulums in sling → Weeks 4-8: 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