ARTHROSCOPIC ROTATOR CUFF REPAIR

Date of Surgery: _____

Days 0 - 7
- Patient to do Home Exercises given post-op (pendulums; ROM elbow, wrist, hand, grip strengthening)
- Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal grooming)

Weeks1 - 6
- True PROM only! The rotator cuff tendon is healing back to the bone
- ROM goals: 90° FF / 40° ER at side; Abd max 60-80° without rotation
- Grip strengthening
- Table slides
- Heat before PT / Ice after PT
- No resisted motions of the shoulder until 12 weeks post-op!
- No canes / pulleys until 6 weeks post-op, because these are active assist exercises

Weeks 6 – 12
- Begin AAROM
- Advance to AROM as tolerated
- ROM Goals: Same as above, but can increase as tolerated
- Light passive stretching at end ranges
- Begin scapular exercises, passive resistance exercise for large muscle groups (pecs, lats, etc)
- Isometrics with arm at side beginning at 8 weeks

Months 3 – 12
- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics -> bands -> light weights (1-5 pounds) with 8 – 12 reps / 2 – 3 sets for rotator cuff, deltoid and scapular stabilizers)
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. weighted ball toss), proprioception (ex. body blade)
- Begin sports related rehab at 4 1/2 months, including advancing conditioning
- Return to throwing at 6 months
- Throw from pitchers mound at 9 months
- Collision sports at 9 months

- MMI usually at 9 – 12 months post-op

Modalities:

Other: