

Arthroscopic Rotator Cuff Repair(RTC) Rehab

PHASE I - IMMEDIATE POST-SURGICAL PHASE (DAYS 1 - 14)

Goals:

1. **Maintain integrity of the repair**
2. **Diminish pain and inflammation**
3. **Prevent muscular inhibition**

Days 1 - 14

- Sling
- Pendulum exercises 4x daily (flexion, circles)
- Elbow/hand gripping & ROM exercises
- Cryotherapy/Ice for pain and inflammation - 15-20 minutes every hour
- Sleeping - sleep in sling or brace



Pendulum, Circular - Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.

* American Academy of Orthopaedics

Precautions to be maintained through Week 6:

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. No excessive shoulder extension
4. No excessive or aggressive stretching or sudden movements
5. No supporting of body weight by hands
6. No bimanual activities (pulling on pants/socks, etc.)

PHASE II - PROTECTION PHASE (WEEKS 3 - 6)

Goals:

1. **Allow healing of soft tissue**
2. **Do not overstress healing tissue**
3. **Gradually restore full PROM by Weeks 4 - 5**
4. **Re-establish dynamic shoulder stability**
5. **Decrease pain & inflammation**
6. **To achieve near full PROM by week 7**

Weeks 3 - 4

- Continue pendulum exercises
- **If motion not progressing will consider starting formal physical therapy(PT), otherwise will continue home pendulum exercises**
- Continue use of cryotherapy/ice as needed if still swollen

Weeks 5 - 6

- Start formal PT around weeks 5 – 6 if not already begun
- Pendulum exercises

- PROM exercises as tolerated
 - **No Active-Assisted ROM(AAROM), or active ROM(AROM)**
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PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 15)

Goals:

- 1. Maintain full PROM**
- 2. Dynamic shoulder stability**

Weeks 7 - 10

- Continue PROM (as needed to maintain full ROM)
- Start AAROM exercises (*ie.* pulleys, etc)
- Work on scapulo-humeral rhythm, peri-scapular strengthening(no push-ups plus)
- May use arm for light activities of daily living(ADL's)
- May begin gentle AROM

Weeks 11 - 15

- Continue AROM exercises as tolerated and begin RTC strengthening
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PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 16 - 23)

Goals:

- 1. Maintain full non-painful ROM**
- 2. Enhance functional use of upper extremity**
- 3. Improve muscular strength & power**
- 4. Gradual return to functional activities**

Weeks 16 - 19

- Continue ROM & stretching to maintain full ROM
- Self capsular stretches
- Progress shoulder strengthening exercises

Weeks 20 - 23

- Continue all exercises listed above
 - Continue to perform ROM stretching, if motion is not complete
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PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 24+)

Goals:

- 1. Gradual return to strenuous work activities**
- 2. Gradual return to recreational sport activities**

Week 24

- Continue stretching, if motion is tight
- May initiate interval sport program (*i.e.*, golf, etc)