Arthoroscopic Rotator Cuff Repair -Protocol for Small and Medium Sized Tears



Patient Name		Date of Surgery Diagnosis												
Surgeon	•													
Phase I - Maximal Protection	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Sling Wear	•	•	•	•	•	•								
Scapular Retraction-Depression	•	•	•	•	•	•								
Cervical ROM Exercises	•	•	•	•	•	•								
Elbow/Hand/Wrist ROM	•	•	•	•	•	•								
Pendulums		•	•	•	•	•								
Aqua Therapy for Gentle AAROM			•	•	•	•								
Ankle Pumps to prevent DVTs	•	•	•	•										
Passive ROM														
External Rotation	40		•	•	•	60		•	•	•				
Forward Elevation & Scaption	140		•	•	•	160		•	•	•				
Abduction	60		•	•	•	90 • •		•	•	Cor	ntinu	e PR	OM	
Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•	•	unt	il full	RON	√l is
Internal Rotation (Gentle)	•	•	•	•	•	•	•	•	•	•		achie	eved	
Phase II - Minimal Protection Active ROM	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Active Assist ROM														
Internal & External Rotation					•	•								
Forward Elevation & Scaption					•	•								
Isometrics-Light														
Internal/External Rotation							•	•						
Biceps/Triceps				•	•	•	•	•						
Active ROM														
Sidelying External Rotation					•	•	•	•						
Forward Elevation & Scaption (lawn chair pro	ogres	sion)		•	•	•	•						
Salutes (lawn chair progression)						•	•	•						
Prone Horizontal Abduction with ER						•	•	•						
Prone Lower Traps to 60						•	•	•						
Prone Extension with ER						•	•	•						
Open Chain Proprioception						•	•	•						
Low Load Prolonged Stretches														
Door Jam Series							•	•	•					
Towel Internal Rotation							•	•	•					
Cross Arm Stretch							•	•	•					
Sleeper Stretch							•	•	•					
TV Watching Stretch					•	•	•	•	•					
90/90 External Rotation Stretch							•	•	•					

Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Eating/Drinking (Elbow motion ok)					•	•								
Dressing	Us	Use Univolved			•	•								
Washing/Showing	4	Arm			•	•								
Computer with supported arm	•	•	•	•	•	•								
Driving						•	•	•	•					
Lifting up to 5 lbs.						•	•	•	•	•	•	•	•	
Overhead Activity								•	•	•	•	•	•	•
Lifting greater than 5 lbs.									•	•	•	•	•	•
Phase III - Intial Resistance Strengthening &														
Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Punches with a Plus								•	•	•	•	•	•	•
Sport Cord Rows		F	or m	ediu	ım tears, no			•	•	•	•	•	•	•
Prone Lower Trap		stre	ngth	ening	g till 12 weeks			•	•	•	•	•	•	•
Biceps Curls				Ì				•	•	•	•	•	•	•
Triceps Extensions								•	•	•	•	•	•	•
Intial Push-up Plus								•	•	•	•	•	•	•
Intial Closed Chain Stability								•	•	•	•	•	•	•
Phase IV - Advanced Resistance														
Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45 deg										•	•	•	•	•
Dynamic Hug										•	•	•	•	•
External Rotation at 90 deg										•	•	•	•	•
Internal Rotation at 90 deg										•	•	•	•	•
Statue of Liberty										•	•	•	•	•
Advanced Push-up Plus										•	•	•	•	•
Push-Up Plus in Quadraped										•	•	•	•	•
PNF with Resistance										•	•	•	•	•
Decelerations												•	•	•
Plyometrics External Rotation												•	•	•
Phase IV - Weight Lifting in Gym and Return														
to sports														
	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Skiing												•	•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (Tennis, Volley	yball))											•	•
Contact Sports (Football, Hockey, Lacrosse)														•
Swimming														•