



## Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair

	<b>RANGE OF MOTION*</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 4 weeks</b>	Passive ROM only. Advance as tolerated. Goals: FF= 140 degs. ABD= 60 - 80 degs. ER= 40 degs. at side.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Isometric scapular stabilizers exercises.
<b>PHASE II 4 - 6 weeks</b>	Continue PROM stretch to goals above.  Add A/AAROM as tolerated.	Discontinue sling at 4-6 weeks.	Begin gentle active-assisted exercises without resistance. Pulleys.  Joint mobilizations (grades I & II)
<b>6 - 8 weeks</b>	Full P/AROM as tolerated.	None.	Begin active exercise.
<b>PHASE III 8 - 12 weeks</b>	Progress to full active motion. No restrictions. Begin posterior capsular stretching.	None.	Active exercises with light resistance. Therabands. Continue scapular strengthening. Add IR/ER isometrics.
<b>PHASE IV 3 - 6 months</b>	Full painless motion.	None.	Advance Therabands strengthening. May begin light weights. Begin functional sport/work specifics. Return to previous activity level.

- If a biceps tenodesis was performed, no resisted biceps strengthening for 8 wks post-op
- If a distal clavicle excision was performed, horizontal adduction is restricted for 8 wks post-op

### LOCATIONS

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