

Type One Rotator Cuff Repair
Arthroscopic Assisted – Mini-Open Repair
Small to Medium Tears (1 cm or less)

Phase 1 – Immediate Post-Surgical Phase (Day 1-10)

Goals: Maintain Integrity of the Repair
Gradually Increase Passive Range of Motion
Diminish Pain and Inflammation
Prevent Muscular Inhibition

Day One to Six:

- Sling
- Pendulum Exercises 4-8x daily (flexion, circles)
- Active Assisted ROM Exercise (L-Bar)
 - ER/IR in Scapular Plane
- Passive ROM
 - Flexion to tolerance
 - ER/IR in Scapular Plane
- Elbow/Hand Gripping & ROM Exercises
- Submaximal & Painfree Isometrics
 - Flexion
 - Abduction
 - External Rotation
 - Internal Rotation
 - Elbow Flexors
- Cryotherapy for Pain and Inflammation
 - Ice 15-20 minutes every hour
- Sleeping
 - Sleep in Sling

Day Seven to Ten:

- Discontinue Sling at Day 7 to 10
- Continue Pendulum Exercises
- Progress Passive ROM to Tolerance
 - Flexion to at least 115 degrees
 - ER in Scapular Plane to 45-55 degrees
 - IR in Scapular Plane to 45-55 degrees
- Active Assisted ROM Exercises (L-bar)
 - ER/IR in Scapular Plane
- Flexion to Tolerance
 - Therapist Provides Assistance by Supporting Arm
- Continue Elbow/Hand ROM & Gripping Exercises
 - Continue Isometrics
 - Flexion with Bent Elbow
 - Extension with Bent Elbow
 - Abduction with Bent Elbow
 - ER/IR with Arm in Scapular Plane
 - Elbow Flexion
 - May initiate ER/IR tubing at 0 degrees Abduction, if patient exhibits necessary AROM
- Continue Use of Ice for Pain Control
 - Use Ice at least 6-7 times daily
- Sleeping
 - Continue Sleeping in sling until Physician Instructs (Usually Day 7-10)

Precautions

1. No Lifting of Objects
2. No Excessive Shoulder Motion Behind Back
3. No Excessive Stretching or Sudden Movements
4. No Supporting of Body Weight by Hands
5. Keep Incision Clean & Dry

Phase 2 – Protection Phase (Day 11 –Week 5)

Goals: Allow Healing of Soft Tissue

Do Not Overstress Healing Tissue

Gradually Restore Full Passive ROM (Week 2-3)

Re-Establish Dynamic Shoulder Stability

Day 11 – 14:

- Passive Range of Motion to Tolerance
 - Flexion 0-145/160 degrees
 - ER at 90 degrees abduction to at least 75-80 degrees
 - IR at 90 degrees abduction to at least 55-60 degrees
- Active Assisted ROM to Tolerance
 - Flexion
 - ER/IR in Scapular Plane
 - ER/IR at 90 degrees Abduction
- Dynamic Stabilization Drills
 - Rhythmic Stabilization Drills
 - ER/IR in Scapular Plane
 - Flexion/Extension at 100 degrees Flexion
- Continue Isotonic ER/IR with Tubing
 - Initiate Active Exercise Prone Rowing and Elbow Flexion
 - Initiate Active Exercise Flexion & Abduction (Day 15)
 - Continue Use of Cryotherapy

Week 3-4:

- Patient should exhibit full passive range of motion, nearing full active range of motion
- Continue all exercises listed above
- Initiate Scapular Muscular Strengthening Program
- Initiate Sidelying ER Strengthening (Light Dumbbell)
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use pool for light ROM exercises

Week 5:

- Patient should exhibit full active range of motion
- Continue AAROM and Stretching exercises
- Progress Isotonic Strengthening Exercise Program
 - ER Tubing
 - Sidelying ER
 - Prone Rowing
 - Prone Horizontal Abduction
 - Shoulder Flexion (Scapular Plane)
 - Shoulder Abduction
 - Biceps Curls

Precautions:

1. No Heavy Lifting of Objects
2. No Supporting of Body Weight by Hands & Arms
3. No Sudden Jerking Motions

Phase 3 – Intermediate Phase (Week 6-12)

Goals: Gradual Restoration of Shoulder Strength & Power
Gradual Return to Functional Activities

Week 6:

- Continue Stretching & PROM (as needed to maintain full ROM)
- Continue Dynamic Stabilization Drills
- Progress Isotonic Strengthening Program
 - ER/IR tubing
 - ER Sidelying
 - Lateral Raises
 - Full Can in Scapular Plane
 - Prone Rowing
 - Prone Horizontal Abduction
 - Prone Extension
 - Elbow Flexion
 - Elbow Extension
- If physician permits, may initiate LIGHT functional activities

Week 8 – 10:

- Continue all exercises listed above
- Progress to Independent Home Exercise Program (Fundamental Shoulder Exercises)
- Initiate Interval Golf Program (Slow Rate of Progression)

Phase 4 – Advanced Strengthening Phase (Week 12 – 20)

Goals: Maintain Full Non-Painful Active ROM
Enhance Functional Use of UE
Improve Muscular Strengthen & Power
Gradual Return to Functional Activities

Week 12:

- Continue ROM & Stretching to maintain full ROM
- Self Capsular Stretches
- Progress Shoulder Strengthening Exercises
 - Fundamental Shoulder Exercises
- Initiate Swimming or Tennis Program (if appropriate)

Week 15:

- Continue all exercises listed above
- Progress Golf Program to playing golf (if appropriate)

Phase 5 – Return to Activity Phase (Week 20 – 26)

Goals: Gradual Return to Strenuous Work Activities
Gradual Return to Recreational Sport Activities

Week 20:

- Continue Fundamental Shoulder Exercise Program (at least 4 times weekly)
- Continue Stretching, if motion is tight
- Continue Progression to Sport Participation