

**Type Two Rotator Cuff Repair**  
**Arthroscopic Assisted – Mini-Open Repair**  
**Medium to Large Tears (Greater than 1 cm, Less than 5cm)**

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 or Slight Abduction Brace \*\*Physician Decision
- 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 or Brace

Day Seven to Ten:

- Discontinue Sling at Day 10 to 14
- Continue Pendulum Exercises
- Progress Passive ROM to Tolerance
  - Flexion to at least 105 degrees
  - ER in Scapular Plane to 35-45 degrees
  - IR in Scapular Plane to 35-45 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
- Continue Use of Ice for Pain Control
  - Use Ice at least 6-7 times daily
- Sleeping
  - Continue Sleeping in sling until Physician Instructs

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 6)

Goals: Allow Healing of Soft Tissue  
Do Not Overstress Healing Tissue  
Gradually Restore Full Passive ROM (Week 4-5)  
Re-Establish Dynamic Shoulder Stability  
Decrease Pain and Inflammation

Day 11 – 14:

- Passive Range of Motion to Tolerance
  - Flexion 0-125/145 degrees
  - ER at 90 degrees abduction to at least 45 degrees
  - IR at 90 degrees abduction to at least 45 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 all Isometric Contractions
- Continue Use of Cryotherapy
- Continue All Precautions

Week 3-4:

- Patient should exhibit full passive range of motion, nearing full active range of motion
- Continue all exercises listed above
- Initiate ER/IR strengthening using exercise tubing at 0 degrees of abduction
- Initiate Manual Resistance ER Supine in Scapular Plane
- Initiate Prone Rowing to Neutral arm Position
- Initiate Isotonic Elbow Flexion
- Continue use of ice as needed
- May use heat prior to ROM exercises
- 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
  - Biceps Curls

Precautions:

1. No Heavy Lifting of Objects
2. No Excessive behind the Back Movements
3. No Supporting of Body Weight by Hands & Arms
4. No Sudden Jerking Motions

### Phase 3 – Intermediate Phase (Week 7-14)

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

#### Week 7:

- 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

#### Week 8 – 10:

- Continue all exercises listed above
- If physician permits, may initiate LIGHT functional activities

#### Week 14:

- Continue all exercises listed above
- Progress to Independent Home Exercise Program (Fundamental Shoulder Exercises)

### Phase 4 – Advanced Strengthening Phase (Week 15-22)

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

#### Week 15:

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

#### Week 20:

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

### Phase 5 – Return to Activity Phase (Week 23-30)

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

Week 23:

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