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ARTHROSCOPIC ROTATOR CUFF REPAIRS MEDIUM AND LARGE TEARS (<1-10 CM² IN AREA)

Phase 1:

Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain passive range of motion (PROM)

Week 0-4 (Home Exercise Program)

- Sling is worn except when arm is resting in lap or when sleeping
- The patient is taught gentle PROM exercise for home
 - Wrist and Elbow Exercises:
 - ◇ PROM, AAROM, AROM
 - ◇ Grip strength exercises
 - ◇ Low weight wrist flexion and extension exercises
 - Shoulder ROM Exercises (PROM)
 - ◇ Pendulum exercises
 - ◇ Self PROM exercises below shoulder level.

Weeks 5-6

- Formal Physical Therapy begins
- Continue elbow, wrist, and grip strength exercises
- Shoulder ROM Exercises
 - Pendulum Exercises Continue
 - PROM and AAROM Limitations as follows:
 - ◇ Forward Flexion: 90
 - ◇ Abduction: 90
 - ◇ External Rotation: 45
 - ◇ Internal Rotation: 30

Phase 2:

Goals...

- Regain full preoperative PROM
- Demonstrate adequate neuromuscular control for normal AROM without substitution or compensation patterns.

Weeks 6-7

- Shoulder ROM Exercises (PROM, AAROM, AROM)
 - Progress with PROM as tolerated
 - Begin AROM exercises

Weeks 8-9

- Continue ROM exercises.
- Institute non-cuff recruitment scapular stabilizer strengthening exercises.

Weeks 10-12

- Shoulder ROM Exercises:
 - Progress PROM to regain full ROM
 - Progress AROM exercises.
- Rotator Cuff and Scapular Stabilizer Strengthening
 - May institute light sub-maximal rotator cuff isometrics in scapular plane.
 - Continue non-cuff recruitment scapular stabilizer strengthening exercises.

Phase 3:

Goals...

- Develop strength in rotator cuff and scapular stabilizers.
- Improve Shoulder kinematics for functional activities.

Weeks 12-16:

- Rotator Cuff and Scapular Stabilizer Strengthening
 - Progress to greater isometric resistances.
 - Institute light isotonic cuff and cuff recruitment scapular stabilizer strengthening exercises.
- Pursue Correction of any PROM deficits.

Weeks 17-20

- Progress intensity of rotator cuff and scapular stabilizer exercises.
- Ensure optimization of shoulder kinematics for easy functional activities.
- Progress intensity of functional activities.

Phase 4:

Goals...

- Prepare non-throwing athlete for interval sports program.
- Develop Strength and Power in large shoulder muscles.

Weeks 21-24

- Institute formal weight training program for shoulder power and endurance.
- Institute core stabilization program.
- Gear functional activities to interval sport program for non-throwing athletes.

Phase 5:

Goals...

- Prepare non-throwing athlete for return to sports.
- Prepare throwing athlete for interval sport program.

Weeks 25-28:

- Allow non-athletes to return to activities without restrictions.
- Progress and finish interval sports program for non-throwing athletes.
 - Allow non-throwing athletes to return to sports after successful completion of their interval sports specific program.
- Prepare throwing athlete for interval throwing program with more difficult functional activities

Weeks 29+

- Progress throwing athletes through interval throwing programs.
- Allow throwers and other overhead athletes to return to competition on an individual basis as they complete their program.