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ARTHROSCOPIC ROTATOR CUFF REPAIRS SMALL TEARS (<1CM² 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: 120
 - ◇ Abduction: 90
 - ◇ External Rotation: 45
 - ◇ Internal Rotation: 30

Phase 2:

Goals...

- Regain full preoperative AROM and PROM without compensation or substitution patterns for active motion.
- Begin regaining strength of small supporting musculature.

Weeks 6-9

- Shoulder ROM Exercises
 - Gradually progress with PROM without restrictions
 - Begin AROM exercises
 - Begin non-cuff recruitment scapular stabilizers
 - May institute light sub-maximal rotator cuff isometrics in scapular plane.

Weeks 10-12

- Criteria to progress to rotator cuff strengthening:
 - Demonstrates full AROM against gravity without compensation.
- Rotator Cuff and Scapular Stabilizer Strengthening
 - Progress to greater isometric resistances.
 - Progress scapular stabilizer exercises.
 - Institute light isotonic cuff strengthening exercises.
- Pursue correction if any PROM deficits.

Phase 3:

Goals...

- Progress to light functional activities.
- Improve Strength.

Weeks 12-16:

- Continue to strengthen the small shoulder girdle muscles.
- May institute light functional activities.
- Institute an interval sports-specific program for the non-throwing athlete.

Phase 4:

Goals...

- Regain large shoulder muscle strength and endurance.
- Prepare throwing athlete for interval throwing program.

Weeks 17-20:

- Institute formal weight training program for shoulder power and endurance.
- Institute core stabilization program.

Weeks 21-24:

- Institute Interval Sports Specific Program for the non-throwing athlete
- Progress the functional activities for the throwing athlete

Phase 5:

Goals...

- Progression through sport-specific program for non-throwing athlete.
- Prepare throwing athlete for return to sports.

Weeks 25+:

- Allow non-throwing athletes to return to sports when they have successfully completed their interval sports specific program.
- Continue power and endurance training and core stabilization.
- Institute throwing program for throwing athletes.
- Allow throwers and other overhead athletes to return to competition on an individual basis as they complete their program.