



Shoulder Arthroscopy: Rotator Cuff Repair

0-4 weeks post op

- Sling/immobilizer at all times including sleeping, except at therapy (length of immobilization to be determined at 1st post-op visit)
- Wrist/Elbow ROM, 3x per day for 15 repetitions
- Modalities as needed for pain, swelling, ROM
- Scapular Ex's: **elevation** with shrugs, **depression**, **retraction**, **protraction**
- Pendulum ex's
- **PROM:** (Pain-free)-see surgeon's instructions for any restrictions due to size of tear, other complications/repairs.
 - Goal is 90 FF in scapular plane with good scapular mechanics by 4 weeks
 - Abduction 45 degrees
 - Internal Rotation to the belly
 - External Rotation 20 degrees, go slowly if subscapularis repair is performed.
 - May need to progress more slowly if larger tear / revision repair / poor tissue quality
- May perform stationary bike in sling; LE exercises and core work that will not stress repair

4 weeks post op

- **PROM: continue progressing as tolerated**
- GH joint mobilization A/P glides (no caudal/inferior glides)
- Work for GH/SC joint motion of 2:1 ratio
- Begin **Sub-maximal** rotator cuff isometrics in all motions with arm at side with no rotation
- Active horizontal adduction (supine) as tolerated; wait if had subscap repair
- Begin AAROM in supine and sitting if small tear; supine only if larger tear.

6 weeks post op

- Advance PROM in all directions as tolerated
- Progress AAROM as able
- Wall Slides for ROM and anterior and inferior capsule stretching
- Continue with isometrics advancing to other angles beyond neutral
- Begin AROM as able
- Scapular Stabilization ex's:
 - **Elevation** with shoulder *shrugs*
 - **Retraction** – *prone rows* in prone position arm at 90° elbow locked squeeze scapulae together;
 - **Horizontal abduction** in prone as able starting with palm down
 - **Protraction** – supine, *2" punch*, with arm flexed to 90° elbow locked
- Proprioception ex's to include rhythmic stabilization
- May begin light bicep/tricep resistance
- May begin hiking on easy, gravel trails

8-12 weeks post op

- Continue with A/PROM with normal GH/SC motion (2:1 ratio) between now and 12 weeks
- **When patient is able to perform full AROM with good form then can begin strengthening as below:**
Be sure patient can perform Core Rotator Cuff exercises with good form before adding resistance
- Begin *Core Rotator Cuff Ex's* – beginning with light resistance and advance weight as tolerated;
FOR LARGER TEARS WAIT UNTIL 10 WEEKS

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- **Prone flexion with thumb up** – arm perpendicular to floor in prone and flex forwards fully, 12:00 position
- **Prone Abduction 100° with thumb up** – arm perpendicular to floor in prone and horizontally abduct to level of body in scapular plane, 2:00 position for right handed patient; 10:00 for L
- **Prone Abduction 90° with thumb up** – arm perpendicular to floor in prone and horizontally abduct arm to level of body, 3:00 position for right handed patient
- Add **Sidelying ER** with hand weights with arm abducted 20-30°
- Cont. with ex's in **Scaption**

12-16 weeks post op

- Progress strengthening with good form
- Between 10-12 weeks may begin jogging (16 weeks for larger tear)
- If athlete/thrower: Begin light tennis ball tossing at 20-30ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through at 14-16 weeks if appropriate strength

16 weeks post op

- May begin interval throwing program for throwers after passing strength test
- Add advanced capsule stretch as necessary
- Continue with strengthening as needed
- May add weight bearing exercises as able
- Chipping and putting in golf; mountain biking on easy trails; road cycling; can ski when good strength for using poles and carrying equipment
- Total body conditioning

20-24 weeks: Return to Sport/Activity

- When cleared by physician
- Completion of isokinetic testing/strength testing
- Completion of interval throwing program
- No pain with all desired activities
- Full golf swing starting with irons and a tee and progressing to driver
- Mountain biking on technical trails
- 6 months can start on tennis serve and forehand then progress to all hits