

**ARTHROSCOPIC ROTATOR CUFF  
REPAIR/RECONSTRUCTION: Large tear**  
SHOULDER REHABILITATION  
(February, 2015)  
**DR. LEVENE**

***GO SLOWLY!***

***ULTRASLING FOR 6 WEEKS Full time including sleep***

***PHASE I Post op till 6 weeks***

***Strictly Passive range of motion (ROM)***

***DOS: \_\_\_\_\_***

- Pendulums to warm up, patient can do these independently as well
  - Scapular isometrics in sling
  - Begin Phase I in the supine position; Therapist assisted forward elevation (to 90 degrees only for first month)
  - Start internal rotation behind the back after 5<sup>th</sup> week (POD #42)
  - Stick assisted external rotation (ER)
  - Active range of motion (AROM) elbow, wrist and hand
- NO PULLEY UNTIL SECOND MONTH POSTOP, THEN BEGIN TO USE WITH THERAPIST INSTRUCTION***

***PHASE II 6-10 weeks post op, Begin Date: \_\_\_\_\_***

- *AAROM with terminal stretch*
- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK (No lifting over 1#)
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

***PHASE III 10 weeks post op, Begin Date: \_\_\_\_\_***

***Resisted plus continue Phase II***

- Resisted program/Theraband
- Comprehensive RC and scap stabilizer strength
- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch

**FROM FOURTH MONTH POST OP FORWARD**

Begin Date: \_\_\_\_\_

*WEIGHT TRAINING PROGRAM:*

- High rep, low resistance training
- No long lever-arm exercises
- No impingement position
- Begin after week 14 when adequate progress with stiffest theraband

**RETURN TO ACTIVITIES**

Ski	4-5 months
Golf	4-5 months
Tennis	6 months
Heavy Labor	6 months