

**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)*

- 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 for first four weeks
  - Start internal rotation behind the back after 4<sup>th</sup> week (POD #29), go slowly
  - 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*

- 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*

*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**

### *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