

**ARTHROSCOPIC ROTATOR CUFF
REPAIR/RECONSTRUCTION SHOULDER REHABILITATION
FOR SMALL/MEDIUM TEAR**

(2/2015)

(NOT SUBSCAPULARIS)

DR LEVENE

Sling immobilizer for 4 weeks- including sleep

PHASE I *Post op to 4 weeks*

Strictly *Passive range of motion (ROM); pendulums to warm up*

- Scapular isometrics
- Begin Phase I in the supine position for elevation and external rotation, and progress to upright
- Start internal rotation behind back at post op day (POD) #29
- Elbow, wrist and hand active ROM
- Pulleys ok

PHASE II *Begin Week 5 (POD #29)*

- Discontinue sling
- Active range of motion to full all planes. Avoid impingement positions
- Light activities of daily living ok (e.g. grooming, feeding)
- No lift greater than 1 pound with operative arm until 2 months PO
- When Phase II is initiated, return to supine for elevation and progress to upright
- Light terminal stretching
- Isometric strength (except supraspinatus) with arm at side: begin six weeks post op
- Scapular stabilization

PHASE III *Begin after 8 weeks postop*

- Theraband resisted strengthening- 15 or more reps to fatigue to progress to next band; 3 sets BID minimum; Emphasize entire rotator cuff and scap stabilizers
- Light weights OK at least 10 wks post-op after progressing well with stiffest theraband
- Terminal Stretching

Three months post op

- Late terminal stretching
- Progressive strength training &/or work hardening
- All activity below shoulder level OK

WEIGHT TRAINING PROGRAM

No long lever-arm exercises

No impingement positions

No overhead strengthening until Fourth post op month

RETURN TO ACTIVITIES

Ski	4 months
Golf	4 months/ chip and putt at 2-3 months
Tennis	4 months (except overhead serve)
Contact Sports	6 months
Heavy labor/lift	4 months