

Arthroscopic Rotator Cuff Healing Reponse & Partial Tear

Name _____ DOS: _____

Dr. Alexander Strassman, DO DX: _____

● = DO Exercise for that week/month

Week

	Protection (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM	DATE															
	Restrictions	Scapular Retraction-Depression	●	●	●	●	●	●								
	FE:Full	Cervical ROM Exercises	●	●	●	●	●	●								
	ER:Full	Elbow/Hand/Wrist ROM	●	●	●	●	●	●								
	IR:Full	Pendulums	●	●	●	●	●	●								
	ABD:Full	AAROM			●	●	●	●								
		Ankle Pumps to prevent DVT's	●	●												
	Begin full AROM: 2 weeks	Passive ROM														
		External Rotation	●	●	●	●	●	●	●	●	●	Continue PROM until full ROM is achieved.				
		Forward Elevation & Scaption	●	●	●	●	●	●	●	●	●					
Sling 2 weeks for comfort	Abduction	●	●	●	●	●	●	●	●	●	Begin Internal Rotation gently as this will stress the rotator cuff healing response.					
	Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●						
	Internal Rotation			●	●	●	●	●	●	●						
T.E.D. Hose 2 weeks to prevent DV	Phase II-Minimal Protection															
	Active Range of Motion (AROM)															
	Active Assist ROM															
		Internal & External Rotation	●	●	●	●	●	●								
		Forward Elevation & Scaption	●	●	●	●	●	●								
		Isometrics-Light														
		Internal/External Rotation	●	●	●	●	●	●	●	●						
		Biceps/Triceps**	‡	‡	‡	‡	‡	‡	●	●						
		Active ROM														
	Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)		Sidelying External Rotation			●	●	●	●	●	●					
		Forward Elevation & Scaption (lawn chair progression)			●	●	●	●	●	●						
		ER			●	●	●	●	●	●						
		Prone Lower Traps to 60			●	●	●	●	●	●						
		Prone Extensions with ER			●	●	●	●	●	●						
		Open Chain Proprioception			●	●	●	●	●	●						
		Stretches														
		Door Jam Series			●	●	●	●	●	●	●					
		Towel Internal Rotation			●	●	●	●	●	●	●					
		Cross Arm Stretch			●	●	●	●	●	●	●					
**= Biceps Tenodesis No Resisted Elbow Flexion for 6 weeks		Sleeper Stretch			●	●	●	●	●	●						
		TV Watching Stretch		●	●	●	●	●	●	●						
		90/90 External Rotation Stretch			●	●	●	●	●	●						
		Activities of Daily Living (ADL's)														
		Eating/Drinking (Elbow motion ok)	●	●	●	●	●	●								
		Dressing		●	●	●	●	●								
		Washing/Showering		●	●	●	●	●								
		Computer with supported arm		●	●	●	●	●								
		Driving		●	●	●	●	●	●	●						
		Lifting up to 5 lbs.			●	●	●	●	●	●	●	●	●	●	●	
	Overhead Activity							●	●	●	●	●	●	●	●	
	Lifting greater than 5 lbs.							●	●	●	●	●	●	●	●	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation				•	•	•	•	•	•	•	•	•	•	•
Internal Rotation				•	•	•	•	•	•	•	•	•	•	•
Punches with a Plus				•	•	•	•	•	•	•	•	•	•	•
Sport Cord Rows							•	•	•	•	•	•	•	•
Prone Lower Trap				•	•	•	•	•	•	•	•	•	•	•
Bicep Curls							•	•	•	•	•	•	•	•
Triceps Extensions				•	•	•	•	•	•	•	•	•	•	•
Initial Push-up Plus							•	•	•	•	•	•	•	•
Initial Closed Chain Stability							•	•	•	•	•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°								•	•	•	•	•	•	•
Bear Hugs								•	•	•	•	•	•	•
External Rotation at 90°								•	•	•	•	•	•	•
Statue of Liberty								•	•	•	•	•	•	•
Advanced Push-up Plus								•	•	•	•	•	•	•
Stability								•	•	•	•	•	•	•
PNF with Resistance											•	•	•	•
Decelerations											•	•	•	•
Plyometric External Rotation											•	•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing											•	•	•	•
Throwing Progression											•	•	•	•
Overhead and Serving Sports (tennis, volleyball)											•	•	•	•
(football, hockey, lacrosse)											•	•	•	•
Swimming										•	•	•	•	•
Protocol created by PJ Millett, MD and Howard Head Sports Medicine, Vail, CO								Therapist: _____						