

Arthroscopic Rotator Cuff Repair - Large

Name _____ DOS: _____
 Dr. Alexander Strassman, DO DX: _____

● = Do exercise for that week **Week**

	Protection (PROM)	Week														
ROM		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Restrictions	DATE															
FE: Gentle	Scapular Retraction-Depression	●	●	●	●	●	●									
ER: 30 w subscap repair	Cervical ROM Exercises	●	●	●	●	●	●									
IR:	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
ABD:	Pendulums	●	●	●	●	●	●									
	AAROM					●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
Begin full AROM: 6 weeks	Passive ROM															
	External Rotation	30 degrees					●	●	●	●	●	Continue PROM until full ROM is achieved.				
	Forward Elevation & Scaption	●	●	●	●	●	●	●	●	●						
Sling 6 weeks	Abduction	90 degrees					●	●	●	●	●	Begin Internal Rotation gently as this will stretch the rotator cuff repair.				
	Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●						
	Internal Rotation					●	●	●	●	●						
	Phase II - Minimal Protection															
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
T.E.D. Hose 2 weeks to prevent DVT's	Active Assist ROM															
	Internal & External Rotation					●	●									
	Forward Elevation & Scaption					●	●									
	Isometrics-Light															
	Internal/External Rotation						●	●	●							
	Biceps/Triceps**						●	●	●							
Time Lines	Active ROM															
Week 1 (POD 1-7)	Sidelying External Rotation							●	●	●	●	●	●			
Week 2 (POD 8-14)	Forward Elevation & Scaption (lawn chair progression)							●	●	●	●	●	●			
Week 3 (POD 15-21)	progression)							●	●	●	●	●	●			
Week 4 (POD 22-28)	ER							●	●	●	●	●	●			
	Prone Lower Traps to 60							●	●	●	●	●	●			
	Prone Extensions with ER							●	●	●	●	●	●			
	Open Chain Proprioception							●	●	●	●	●	●			
	Stretches															
	Door Jam Series							●	●	●	●	●	●	●	●	
	Towel Internal Rotation							●	●	●	●	●	●	●	●	
	Cross Arm Stretch							●	●	●	●	●	●	●	●	
	Sleeper Stretch							●	●	●	●	●	●	●	●	
	TV Watching Stretch					●	●	●	●	●	●	●	●	●	●	
	90/90 External Rotation Stretch							●	●	●	●	●	●	●	●	
	Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)							●	●	●	●	●	●	●	●	
	Dressing							●	●	●	●	●	●	●	●	
	Washing/Showering	Use Uninvolved Arm Only							●	●	●	●	●	●	●	
	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.

Week

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, golf)														•
Other Sports (football, hockey, lacrosse)														•
Swimming														•

Therapist: _____