



REHABILITATION GUIDELINES

ARTHROSCOPIC OR OPEN ROTATOR CUFF REPAIR/RECONSTRUCTION FOR MASSIVE TEAR

GO SLOWLY!**ULTRASLING FOR 8 WEEKS**

PHASE 1: 0-8 WEEKS

DOS:

Strictly Passive range of motion**A. First Month**

- Passive Pendulums to warm up, patient can do these independently as well
- Scapular isometrics in sling
- AROM of elbow, wrist, and hand.

B. Second Month

- Continue pendulums to warm up
- Start internal rotation after 5th week (POD #42)
- Stick assisted external rotation (ER)
- Active range of motion (AROM) elbow, wrist and hand
- Therapist assisted PROM, Home pulleys ok

PHASE 2: MONTH 3

DATE:

Active range of motion with terminal stretch

- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK (Grooming, feeding) No lift greater than one pound
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

PHASE 3: MONTH 4

DATE:

- Aggressive terminal stretch to achieve full motion except combined abduction/external rotation (ER)
- Progress thru therabands and into light weights
- Dominant arm in throwers only may begin supervised stretching to assure full combined abduction/ER at 8 weeks post-surgery with goal of FULL arc of rotation at 12 weeks
- Throwers can begin light toss against rebounder at 10 weeks

4 MONTH POST-OP

DATE:

Resisted plus continue Phase II

- Resisted program/Theraband- begin after 12 full weeks postop
- Comprehensive RC and scap stabilizer strength



- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength - Late terminal stretch

5+ MONTH POST-OP

DATE:

WEIGHT TRAINING PROGRAM:

- No long lever-arm exercises
- No abduction position 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