

REHABILITATION PROGRAMME FOR ARTHROSCOPIC ROTATOR CUFF REPAIR

STAGE	AIMS	TREATMENT GUIDELINES
Phase 1 Weeks 0-6	Regain passive range of motion - Only to patient tolerance	Sling immobilisation with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position Maintain elbow at or anterior to mid-axillary line when patient is supine Therapeutic Exercise – No canes or pulleys during this phase <ul style="list-style-type: none"> ○ Codman Exercises/Pendulums ○ Elbow/Wrist/Hand Range of Motion and Grip Strengthening ○ Isometric Scapular Stabilisation Heat/Ice before and after PT sessions
Phase 2 Weeks 6-10	Commence active assisted range of motion progressing to active range of motion	Discontinue sling immobilisation Range of Motion <ul style="list-style-type: none"> ○ Gentle passive stretch to reach ROM goals from Phase I ○ Begin AAROM ® AROM as tolerated Therapeutic Exercise <ul style="list-style-type: none"> ○ 6 weeks: Being gentle AAROM exercises (supine position), gentle joint mobilisations (grades I and II), continue with Phase I exercises ○ 8 weeks: Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening** Modalities per PT discretion
Phase 3 Weeks 10-12	Regain full active range of motion without discomfort Commence isometric strengthening program	Range of Motion – Progress to full AROM without discomfort Therapeutic Exercise <ul style="list-style-type: none"> ○ Continue with scapular strengthening ○ Continue and progress with Phase II exercises ○ Begin Internal/External Rotation Isometrics ○ Stretch posterior capsule when arm is warmed-up Modalities per PT discretion
Phase 4 Months 3-6	Progress to resisted strengthening program Regain full rotator cuff strength Improve scapulohumeral control	Range of Motion – Full without discomfort Therapeutic Exercise – Advance strengthening as tolerated: isometrics ® therabands ® light weights (1-2kg) <ul style="list-style-type: none"> ○ 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilisers ○ Return to sports at 6 months if approved Modalities per PT discretion

Comments:

**IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP