Arthroscopic Rotator Cuff repair Rehabilitation Program

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Diagnosis: Right / Left RTC Repair ________________________________

Date of Surgery: _____________________________________________

Weeks 0-3 (Phase I):

➢ Sling in neutral rotation (padded abduction sling)
➢ Codman/Pendulum exercises, elbow and wrist ROM
➢ Wrist and elbow ROM, grip strengthening

Weeks 4-6 (Phase II):

➢ D/C sling after 3-4 weeks per therapist instruction
➢ True PROM only! The rotator cuff tendon needs to heal back into the bone
➢ ROM goals: 140° FF/40° ER at side; ABD max 60-80° without rotation
➢ No resisted motions of shoulder until 12 weeks post-op
➢ Grip strengthening
➢ No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
➢ Heat before PT, ice after PT per therapist’s discretion

Weeks 6-12 (Phase III):

➢ Begin AAROM ➔ AROM as tolerated
➢ Goals: Same as above, but can increase as tolerated
➢ Light passive stretching at end ranges
➢ Begin scapular exercises, PRE’s for large muscle groups (pecs, lats, etx)
➢ At 8 weeks, can begin strengthening/resisted motions
➢ Isometrics with arm at side beginning at 8 weeks

Months 3-12 (Phase IV):

➢ Advance to full ROM as tolerated with passive stretching at end ranges
➢ Advance strengthening as tolerated: isometrics ➔ bands ➔ light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
➢ Only do strengthening 3x/week to avoid rotator cuff tendonitis
➢ Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
➢ Begin sports related rehab at 4 ½ months, including advanced conditioning
➢ Return to throwing at 6 months
➢ Throw from pitcher’s mound at 9 months
➢ Collision sports at 9 mohnts
➢ MMI is usually at 12 months post-op

For more information please visit: www.tsaog.com/drnuelle