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## ARTHROSCOPIC ROTATOR CUFF REPAIR

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Stage I (0 to 4 weeks)

- A. Patient to wear sling continuously for 4 weeks. May remove for dressing and hygiene. May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth and occasional keyboard use. May remove sling for exercises, showering and dressing.
- B. Only PROM. If no limits on prescription, assume patient able to do full PROM.
  - Pendulum (Codman) exercises
  - See wand exercise sheet for PROM/AAROM exercises - supine only
  - Strongly suggest home pulley use
  - Ice following treatment and home exercises
  - Scapular stabilization exercises
  - Internal rotation to back pocket only

**GOAL:** Full PROM to pre-set limits or if no limits, to symmetric ROM

### Stage II (5-8weeks)

- A. AAROM advance from supine to standing
- B. Scapular stabilization exercises



### **Stage III (8 to 12 weeks)**

- A. AROM for all exercises.
  - Use 2 oz. to 1# weights
  - Patient should experience only minimal pain with exercises or occurring later in the day
  
- B. Scapular stabilization exercises

**GOAL:** Full AROM by week 12

#### **PRECAUTION:**

- Do not increase inflammation or overwork cuff
- 4 oz. weight limit until week 8, then progress as tolerated

### **Stage IV (13-24 weeks)**

- A. Progress on rotator cuff strengthening exercises. Emphasis is on home program.

This protocol provides you with general guidelines for the rehabilitation of the rotator cuff repair shoulder patients. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.