

# Arthroscopic Rotator Cuff Repair

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## Post-Operative Instructions and Precautions

1. Able to use arm for activities at waist level (upper arm should remain against body)
2. No leaning on elbows
3. No sleeping on the involved side; rest involved side on a pillow for comfort
4. No sudden movements
5. No lifting or carrying with involved arm
6. No pushing or pulling with involved arm
7. Wear your sling as directed for 4-6 weeks following surgery

## Phase I-- Weeks 0 to 4-6 post operative (dependent upon the size of tear)

### Goals of Phase 1

1. Education regarding precautions, sling use and wound care
2. Pain and inflammation control
3. Exercise education:
  - Pendulums
  - Isometric gripping
  - Elbow ROM out of the sling
  - Pulleys (flexion and scapular plane directions)
  - T bar ROM in the scapular plane for external rotation and elevation
  - Shoulder blade squeezes/ scapular clocks
  - Passive ROM/manual stretching

## Phase II-- Weeks 4-8 post operative

### Goals of Phase II

1. Work toward full range of motion (passively)
2. Improve strength and neuromuscular control
3. Improve active range of motion with good scapulohumeral rhythm (avoid elevation/shrugging and winging)
4. Exercise education:

- Upper extremity ergometer
- Active Range of Motion (flexion, scaption, sidelying external rotation and abduction)
- Prone scapular retraction/rowing, extension, horizontal abduction
- Continue pulleys, T barr stretching as needed to achieve full ROM
- Stretching for posterior and anterior capsules

### **Phase III-- Weeks 6-12 post operative**

1. Achieve full active range of motion
2. Continue to normalize scapulohumeral rhythm, neuromuscular control and strength
3. Improve muscular endurance
4. Initiate return to functional activities
5. Exercise education
  - a. Closed kinetic chain activities with increased weight through the upper extremity
  - b. Resisted theraband exercise (progressive resisted exercises)
  - c. Free weight resistance for open kinetic chain exercises
  - d. Begin working in the 45 and 90 degree planes as appropriate for patient and strength level

### **Phase IV-- weeks 16- 6 months post operative**