



Arthroscopic Cuff Repair/Subacromial Decompression/BT

Name _____ DOS: _____
 Dr. Petre _____ DX: _____

● = Do exercise for that week/month

		Week													
Phase I – Maximal Protection		1	2	3	4	5	6	7	8	9	10	13	17	21	25
PROM	Passive Range of Motion (PROM)														
	DATE														
	Restrictions														
	FE: Full														
	ER: Full														
	IR: to belly														
	ABD: Full														
	Begin full AROM: As Tolerated														
	Passive ROM														
	External Rotation														
Forward Elevation & Scaption															
Abduction															
Internal Rotation to Belt Line															
Internal Rotation (Gentle)															
		Continue PROM until full ROM is achieved.													
Sling 4 weeks															
Phase II - Minimal Protection															
Active Range of Motion (AROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25
Active Assist ROM															
Internal & External Rotation															
Forward Elevation & Scaption															
Isometrics-Light															
Internal/External Rotation															
Biceps/Triceps**															
Active ROM															
Sidelying External Rotation															
Forward Elevation & Scaption (lawn chair progression)															
Salutes (lawn chair progression)															
Prone Horizontal Abduction w/ ER															
Prone Lower Traps to 60															
Prone Extensions with ER															
Open Chain Proprioception															
Low Load Prolonged Stretches															
Door Jam Series															
Towel Internal Rotation															
Cross Arm Stretch															
Sleeper Stretch															
TV Watching Stretch															
90/90 External Rotation Stretch															
Activities of Daily Living (ADL's)		1	2	3	4	5	6	7	8	9	10	13	17	21	25
Eating/Drinking (Elbow motion ok)															
Dressing															
Washing/Showering		Use Uninvolved Arm Only													
Computer with supported arm															
Driving															
Lifting up to 5 lbs.															
Overhead Activity															
Lifting greater than 5 lbs.															

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation						•	•	•	•	•	•	•	•	•	
Internal Rotation						•	•	•	•	•	•	•	•	•	
Punches with a Plus						•	•	•	•	•	•	•	•	•	
Sport Cord Rows						•	•	•	•	•	•	•	•	•	
Prone Lower Trap						•	•	•	•	•	•	•	•	•	
Bicep Curls						•	•	•	•	•	•	•	•	•	
Triceps Extensions						•	•	•	•	•	•	•	•	•	
Initial Push-up Plus						•	•	•	•	•	•	•	•	•	
Initial Closed Chain Stability						•	•	•	•	•	•	•	•	•	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45°								•	•	•	•	•	•	•	
Bear Hugs								•	•	•	•	•	•	•	
External Rotation at 90°								•	•	•	•	•	•	•	
Statue of Liberty								•	•	•	•	•	•	•	
Advanced Push-up Plus								•	•	•	•	•	•	•	
Advanced Closed Chain Stability								•	•	•	•	•	•	•	
PNF with Resistance								•	•	•	•	•	•	•	
Decelerations										•	•	•	•	•	
Plyometric External Rotation										•	•	•	•	•	
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS															
Skiing													•	•	•
Throwing Progression													•	•	•
Overhead and Serving Sports (tennis, volleyball)														•	•
Contact Sports (football, hockey, lacrosse)															•
Swimming															•
These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO Benjamin M Petre, MD 2000 Medical Parkway, Annapolis, MD 21401 410.280.4717 http://drpetre.com															