



Arthroscopic Rotator Cuff Repair - Moderate

Name _____ DOS: _____
 Dr. Petre DX: _____

I= Do exercise for that week/month

Week

	Phase I – Maximal Protection	Week														
	Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	DATE															
PROM	Scapular Retraction-Depression	•	•	•	•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums		•	•	•	•	•									
	Aqua Therapy for Gentle AAROM			•	•	•	•									
	Ankle Pumps to prevent DVT's	•	•	•	•											
	Restrictions	Passive ROM														
		External Rotation	•	•	•	•	•	•	•	•	•		Continue PROM until full ROM is achieved.			
		Forward Elevation & Scaption	•	•	•	•	•	•	•	•	•					
		Abduction	•	•	•	•	•	•	•	•	•					
Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•							
FE: Full	Internal Rotation (Gentle)				•	•	•	•	•	•						
	ER: Full	Phase II-Minimal Protection	1	2	3	4	5	6	7	8	9	10	13	17	21	25
IR: To Belly		Active Range of Motion (AROM)														
	ABD: Full	Active Assist ROM														
Begin full AROM: 5-6 weeks		Internal & External Rotation					•	•								
	Sling 5-6 weeks	Forward Elevation & Scaption					•	•								
T.E.D. Hose 2 weeks to prevent DVT		Isometrics-Light														
	Internal/External Rotation							•	•							
	Biceps/Triceps				•	•	•	•	•							
	Time Lines	Active ROM														
		Sidelying External Rotation					•	•	•	•						
	Week 1 (POD 1-7)	Forward Elevation & Scaption (lawn chair progression)					•	•	•	•						
		Salutes (lawn chair progression)						•	•	•						
	Week 2 (POD 8-14)	Prone Horizontal Abduction w/ ER						•	•	•						
		Prone Lower Traps to 60						•	•	•						
	Week 3 (POD 15-21)	Prone Extensions with ER						•	•	•						
Open Chain Proprioception							•	•	•							
Week 4 (POD 22-28)	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)	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.

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
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