



## Arthroscopic Rotator Cuff Repair - Conservative

Name \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. \_\_\_\_\_ Petre \_\_\_\_\_ DX: \_\_\_\_\_

! = Do exercise for that week

**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
<b>No PROM x 10-14 days</b>	<b>DATE</b>													
<b>PROM Restrictions</b>	Scapular Retraction-Depression													
<b>FE: 120 week 3</b>	Cervical ROM Exercises													
<b>ER: 30 week 3</b>	Elbow/Hand/Wrist ROM													
<b>IR: To Belly</b>	Pendulums													
<b>ABD: 90 week 3</b>	Aqua Therapy for Gentle AAROM													
	Ankle Pumps to prevent DVT's													
<b>Begin full AROM: 6-7 weeks</b>	<b>Passive ROM</b>													
	External Rotation													
	Forward Elevation & Scaption													
	Abduction													
<b>Sling 6-7 weeks</b>	Internal Rotation to Belt Line													
	Internal Rotation													
	<b>Phase II-Minimal Protection</b>													
	<b>Active Range of Motion (AROM)</b>													
<b>T.E.D. Hose 2 weeks to prevent DVT's</b>	<b>Active Assist ROM</b>													
	Internal & External Rotation													
	Forward Elevation & Scaption													
	<b>Isometrics-Light</b>													
	Internal/External Rotation													
	Biceps/Triceps													
<b>Time Lines</b>	<b>Active ROM</b>													
Week 1 (POD 1-7)	Sidelying External Rotation													
Week 2 (POD 8-14)	Forward Elevation & Scaption (lawn chair progression)													
Week 3 (POD 15-21)	Salutes (lawn chair progression)													
Week 4 (POD 22-28)	Prone Horizontal Abduction w/ ER													
	Prone Lower Traps to 60													
	Prone Extensions with ER													
	Open Chain Proprioception													
	<b>Low Load Prolonged Stretches</b>													
	Door Jam Series													
	Towel Internal Rotation													
	Cross Arm Stretch													
	Sleeper Stretch													
	TV Watching Stretch													
	90/90 External Rotation Stretch													
	<b>Activities of Daily Living (ADL's)</b>													
	Eating/Drinking (Elbow motion ok)													
	Dressing													
	Washing/Showering													
	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.

**Week**

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	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									•	•	•	•	•	•	
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	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															
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>															
Skiing														•	•
Throwing Progression															
Overhead and Serving Sports (tennis, volleyball, golf)															Check with MD
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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