

Rehabilitation Protocol: Arthroscopic Rotator Cuff Repair

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Phase I (0-6 weeks):

- Weight Bearing: Non-weight bearing
- Bracing: Sling for Six weeks during day and at night .
 - Can remove for home exercises and bathing
- Range of motion: Full passive Range of motion
- If biceps tenodesis performed avoid active flexion and eccentric loading for 6 weeks
- Therapeutic Exercise:
 - Pendulum exercises
 - Hand/wrist/elbow range of motion, grip strengthening
 - Closed chain scapular exercises
 - ER/IR self assisted with a stick
 - Self assisted supine FE

Phase II (6-12 weeks):

- Weight Bearing: Non-weight bearing
- Discontinue Sling
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
 - Supine and reclined AROM press up
 - Towel slide or horizontal dusting
 - Side lying supported active elevation
 - Can begin aquatic exercises if prescribed

Phase III(12-24):

- Weight Bearing: Begin Weight bearing exercises
- Continue with obtaining active range of motion exercises
- Therapeutic Exercises:
 - Ball roll on wall
 - Upright wall slide
 - AROM or resisted pulley FE
 - FE with upright bar
 - Elastic resistance bands – FE, ER , IR
 - High, middle and low scapular rows
 - Standing dumbbell - ER at 0 deg abduction

Phase IV (6 months and on): Full Activities as Tolerated

