

Dr. Craig Chike Akoh, MD
SHOULDER ARTHOSCOPIC ROTATOR CUFF REPAIR

REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-4 weeks	NWB	Abduction sling	Cervical spine active ROM Hand/Wrist activeROM Passive biceps ROM (90-140 deg flexion) Shoulder retraction Passive shoulder ROM (no active) - - No IR shoulder	- Pendulums, scapular stabilization exercises, deltoid isometrics in neutral - Avoid abduction and 90/90 ER until 8 weeks - No pulleys/canes for 6 weeks - No cross body adduction for 8 weeks
<i>PHASE II</i> 4-6 weeks	NWB	Abduction sling for 6 wks, massive tears for 8 weeks	Shoulder ROM - active assist flexion 0-90 -active assist ER 0-30 deg -no IR until 8 wks	- Active assist ROM -Progress deltoid isometrics
<i>PHASE III</i> 6-8 weeks	WBAT	None	Full active ROM	-Posterior chain exercises -Rotator cuff isometric excercises - begin gradual IR exercises -gentile active IR/ER without resistance - scapular strengthening - Wands, pulleys, wall walks, and table slides
<i>PHASE IV</i> 8-12 weeks	WBAT	None	Full	- Begin cross-body adduction - supine chest flys -add theraband resistance, rows, and weights at <90 deg forward flexion

<i>PHASE V</i> <i>12-20 weeks</i>	WBAT	Full	Full	-strengthening > 90 deg FF -progress to lat pull down and overhead activities, push ups, and plyometrics
<i>PHASE VI</i> <i>24-24 weeks</i>	WBAT	Full	Full	-Return to sports protocol -Return to throwing at 6 months -return to collision sports at 9 months -return to pitching mound at 9 months