

ARTHROSCOPIC ROTATOR CUFF REPAIR – ACCELERATED

Phase I – Immediate Post-Surgical Phase			
Week	Goals	Patient Guide	Rehabilitation Guide
0 – 2	<ol style="list-style-type: none"> Maintain integrity of the repair Diminish pain and inflammation 	Abduction pillow brace Sleep in pillow brace Ice for pain and inflammation (15-20 mins/hr) Precautions <i>No lifting of objects</i> <i>No excessive shoulder extension</i> <i>No excessive stretching or sudden movements</i> <i>No supporting of body weight by hands</i> <i>Keep incision clean & dry</i>	Elbow/hand gripping & ROM exercises
Phase II – Protection Phase			
Week	Goals	Patient Guide	Rehabilitation Guide
2 – 5	<ol style="list-style-type: none"> Allow healing of soft tissue Decrease pain & inflammation Do not overstress healing tissue Gradually restore PROM Re-establish dynamic shoulder stability 	Continue all Precautions <i>No lifting</i> <i>No excessive motion</i> Continue use of sling or brace Continue use of ice as needed	Elbow/hand gripping & ROM exercises PROM to tolerance (arm supported) <ul style="list-style-type: none"> Flexion to $\leq 115^\circ$ ER in Scapular Plane at 45° abduction to $20-25^\circ$ IR in Scapular Plane 45° abduction to $30-35^\circ$ PROM exercises – forward flexion, pendulars Submaximal shoulder isometrics Initiate rhythmic stabilization ER/IR at 45° abduction
5 – 6	As above	Precautions <i>No heavy lifting of objects</i> <i>No excessive behind the back movements</i> <i>No supporting of body weight by hands & arms</i> <i>No sudden jerking movements</i> May use heat prior to exercises	PROM to tolerance <ul style="list-style-type: none"> Flexion to 140-155 degrees ER at 90° abduction to at least 45° IR at 90° abduction to at least 45° AAROM to Tolerance @ week 6 <ul style="list-style-type: none"> Flexion (continue use of arm support) ER/IR in Scapular Plane at 45° abduction

SHOULDER AND ELBOW

Phone :
(416) 603-5929

Fax :
(866) 223-6624

Email :
christian.veillette@uhn.ca

Website :
UHNArthritisProgram.ca



		<p>Wean off of sling during the day (Week 5), continue use of sling at night until Week 6. Continue all exercises Continue use of ice as needed May use pool for light AROM exercises (e.g. sculling)</p>	<ul style="list-style-type: none"> ER/IR at 90° abduction <p>Dynamic and rhythmic stabilization drills ER/IR in Scapular Plane Flexion/Extension at 100° flexion and 135° flexion Initiate scapular isometrics Initiate ER/IR with tubing at 0° of abduction (towel roll) Rhythmic stabilization exercises (flexion 45, 90, 125 degrees) (ER/IR)</p>
Phase III – Intermediate Phase			
Week	Goals	Patient Guide	Rehabilitation Guide
7 – 14	<ol style="list-style-type: none"> Gradually restore full PROM (week 8) Full active ROM (week 10-12) Maintain full passive ROM Dynamic shoulder stability Gradually restore shoulder strength Gradual return to functional activities 	<p>Precautions <i>As above</i></p> <p>May use heat prior to exercises</p>	<p>Continue AAROM and stretching exercises for movements that are not full (flexion & ER at 90° abd) Initiate AROM exercises-flexion scapular plane & abd Progress isotonic: ER tubing, side-lying IR, prone rowing, prone horizontal abduction (bent elbow); prone extension; lateral raises, full can in scapular plane Continue dynamic stabilization drills Weeks 10-12: Therapist may initiate isotonic resistance (1 lb wt.) during flexion and abduction* If non painful normal motion is exhibited! Progress strengthening program (increase 1 lb/10days *non-painful) Self capsular stretches (14 weeks)</p>
Phase IV – Advanced Strengthening Phase			
Week	Goals	Patient Guide	Rehabilitation Guide
15 – 22	<ol style="list-style-type: none"> Maintain full non-painful ROM Enhance functional use of UE Improve muscular strengthen & power Gradual return to functional activities 	<p>Continue all exercises</p>	<p>Continue ROM & stretching to maintain full ROM Progress shoulder strengthening exercises Fundamental shoulder exercises Initiate interval golf/tennis program (if appropriate) May initiate swimming</p>

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca



