

ARTHROSCOPIC ROTATOR CUFF REPAIR – DELAYED

Phase I – Immediate Post-Surgical Phase			
Week	Goals	Patient Guide	Rehabilitation Guide
0 - 2	1. Maintain integrity of the repair 2. 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 - 4	1. Allow healing of soft tissue 2. Decrease pain & inflammation	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 Pendulum exercises
4 - 5	1. Allow healing of soft tissue 2. Do not overstress healing tissue 3. Gradually restore PROM 4. Re-establish dynamic shoulder stability 5. Decrease pain & inflammation	Continue elbow/hand ROM & gripping Begin passive shoulder flexion (arm supported or family member assisted)	Progress PROM to tolerance <input type="checkbox"/> Flexion to $\leq 115^\circ$ <input type="checkbox"/> ER in Scapular Plane at 45° abduction to $20-25^\circ$ <input type="checkbox"/> IR in Scapular Plane at 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 motions</i>	PROM to tolerance <input type="checkbox"/> Flexion to $140-155$ degrees <input type="checkbox"/> ER at 90° abduction to at least 45° <input type="checkbox"/> IR at 90° abduction to at least 45° AAROM to Tolerance @ week 6

SHOULDER AND ELBOW

Phone :
(416) 603-5929

Fax :
(866) 223-6624

Email :
christian.veillette@uhn.ca

Website :
UHNArthritisProgram.ca



		<p>May use heat prior to exercises</p> <p>Continue all exercises Continue use of ice as needed</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Flexion (continue use of arm support) <input type="checkbox"/> ER/IR in Scapular Plane at 45° abduction <input type="checkbox"/> ER/IR at 90° abduction <p>Dynamic and rhythmic stabilization drills ER/IR in Scapular Plane Flexion/Extension at 100° flexion and 125° flexion Initiate scapular isometrics</p>
		<p>May use pool for light AROM exercises (e.g. sculling)</p>	<p>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			
<i>Week</i>	<i>Goals</i>	<i>Patient Guide</i>	<i>Rehabilitation Guide</i>
7 - 14	<ol style="list-style-type: none"> 1. Gradually restore full PROM (Week 8) 2. Full Active ROM (Week 10-12) 3. Maintain full passive ROM 4. Dynamic shoulder stability 5. Gradually restore shoulder strength 6. 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; elbow flexion & 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			
<i>Week</i>	<i>Goals</i>	<i>Patient Guide</i>	<i>Rehabilitation Guide</i>
15 – 22	<ol style="list-style-type: none"> 1. Maintain full non-painful ROM 2. Enhance functional use of UE 3. Improve muscular 	<p>Continue all exercises</p>	<p>Continue ROM & stretching to maintain full ROM Progress shoulder strengthening exercises Fundamental shoulder exercises</p>

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca



	strengthen & power 4. Gradual return to functional activities		Initiate interval golf/tennis program (if appropriate) May initiate swimming
Phase V – Return to Activity Phase			
<i>Week</i>	<i>Goals</i>	<i>Patient Guide</i>	<i>Rehabilitation Guide</i>
23 - 36	1. Gradual return to strenuous work 2. Gradual return to recreation/sport	Continue fundamental shoulder exercise program (at least 4x/week) Continue stretching	Continue progression to sport participation

Special Instructions for the Therapist			

SHOULDER AND ELBOW

Phone :
 (416) 603-5929

Fax :
 (866) 223-6624

Email :
 christian.veillette@uhn.ca

Website :
 UHNArthritisProgram.ca

