

ROTATOR CUFF REHABILITATION PROTOCOL

PHASE OF REHABILITATION		CONSERVATIVE TREATMENT (Stage I RC Tendinitis)	ARTHROSCOPIC DECOMPRESSION/ACROMIOPLASTY	ARTHROSCOPY MINI-OPEN OR REPAIR	OPEN ROTATOR CUFF REPAIR
PHASE 3 (10-16 WEEKS)	GOALS		Maintain ROM Progress strengthening without impingement Progress to independent HEP	Resistive exercises as tolerated Progress towards independent HEP	Early Strengthening and gradual restoration of shoulder strength, power, endurance Full AROM, maintain full PROM Dynamic shoulder stability
	REHABILITATION GUIDE		Start overhead strengthening	Reinforce postural awareness, quality of exercise technique, and proper progression	-Strengthening: progress to isotonic (high reps, moderate resistance) -Theraband, weights, pulleys -Scapular stabilization -Neuromuscular control -Gradual return to functional activities
	PRECAUTIONS		Avoid heavy lifting or jerky movements		No lifting > 5 lbs, sudden lifting or pushing activities, no sudden movements or arm ergometer
	CRITERIA FOR PROGRESSION TO PHASE 4		Normal shoulder arthrokinematics in single then multiple planes Normal kinetic chain and force generation patterns		Ability to tolerate progression to low level functional activities Demonstrated return of strength, dynamic shoulder stability and adequate strength
PHASE 4 3-6 MONTHS		-RC Strengthening: progress scapular stabilization in weightbearing positions, mobile surfaces, plyometrics -Work Hardening			Resistive exercises as tolerated Progress towards independent HEP
6-12 MONTHS		-Maintain correct scapular positioning with all exercises -Continue HEP as per therapist: 12-15 reps, 3-4 sets, 2-3 days per week Athletes: 2 exercises per body part (change exercises each workout) -No pyramid UE exercises			-NO ER at end-range -Neutral Position -Continue HEP as per therapist: 12-15 reps, 3-4 sets, 2-3 days per week Athletes: 2 exercises per body part (change exercises each workout) -No pyramid UE exercises

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PHASE OF REHABILITATION		CONSERVATIVE TREATMENT (Stage I/RC Tendinits)	ARTHROSCOPIC DECOMPRESSION/ACROMIOPLASTY	ARTHROSCOPY MINI-OPEN OR REPAIR	OPEN ROTATOR CUFF REPAIR
PHASE 1 POST OP (0-6 WEEKS)	GOALS	Pain Management for Acute Conditions	Full ROM	75% ROM	Protect and Repair
	REHABILITATION GUIDE	-Start Exercises for ROM and Strengthening -Scapular Stabilization -PNF patterns -Neuromuscular control -Manual therapy as needed	-No sling -AAROM within pain tolerance -PROM- full range -Postural awareness -Gentle soft-tissue mobs -Submax isometrics	-1 st 2 weeks: sling (remove for light ADLs) -2 nd 2 weeks: AAROM to point of pain -3 rd week: start AROM, gentle PROM	-Sling x 6 weeks (remove for ADLs starting at Day 1) -Pendulum -AAROM below shoulder -Postural awareness
	PRECAUTIONS	Avoid impingement Avoid pain during exercises	Avoid overhead activity and heavy lifting Avoid impingement and pain during exercises	NO lifting or carrying NO strengthening	NO lifting or carrying NO strengthening NO active elevation
	CRITERIA FOR PROGRESSION TO PHASE 2	Full ROM	Nearly full ROM	75% ROM	-Passive fwd flexion to $\geq 125^\circ$ -Passive ER and IR in scapular plane to $\geq 75^\circ$ -Passive abduction to $\geq 90^\circ$ in scapular plane
PHASE 2 (6-12 WEEKS)	GOALS	Maintain ROM	Maintain nearly full ROM Progress strengthening	Maintain ROM Start strengthening	Protection and active motion Gradually restore full PROM (weeks 4-5)
	REHABILITATION GUIDE	Progress strengthening without impingement Progress to independent HEP	-Strengthening: start mid-range isometric \rightarrow progress to isotonic -Theraband, weights, pulleys -Scapular stabilization -joint mobilizations -PNF Patterns	-Progress AROM in all ranges -Strengthening: start mid-range isometric \rightarrow progress to isotonic -Theraband, weights, pulleys -Scapular setting -PNF Patterns -Joint mobilizations -High reps, low weight	-Initiate AAROM flexion in supine -Progress PROM until approx full ROM at 4-5 weeks -Gentle scapular and GHJ mobilization to restore ROM -Begin RC isometrics, scapular stabilization
	PRECAUTIONS	Avoid impingement	No overhead activity for 6 – 12 weeks	No overhead activity for 6 – 12 weeks	No lifting, supporting body weight on arms, sudden jerky movements or arm ergometer
	CRITERIA FOR PROGRESSION TO PHASE 3	Progress to Phase 3 then 4 With Normal shoulder arthrokinematics in single then multiple planes Normal kinetic chain and force generation patterns		Involved shoulder AROM grossly within normal limits	Elevation without shoulder hiking