

Arthroscopic Rotator Cuff Repair Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE 1 (0-4 WEEKS)	Passive range only as tolerated; limit 120° forward flexion and abduction. Limit internal rotation to 35° at 90° abduction.	Sling to be worn at all times except for hygiene and therapeutic exercise.	Codman's pendulum exercise, elbow, wrist, hand ROM, ball squeeze, isometric scapula stabilization.
PHASE II (4-8 WEEKS)	4-6 weeks: Gentle passive stretch to 150° of forward flexion 60° external rotation at side and abduction to 60-80°- increase internal rotation gently at 90° abduction to 60°. 6-8 weeks: Increase to full range of motion as tolerated.	Discontinue	4-6 weeks: Begin gentle active-assistive exercises; begin gentle joint mobilizations; continue with Phase I exercises. 6-8 weeks: Progress to active exercises with resistance; begin deltoid and biceps strengthening.
PHASE III (8-12 WEEKS)	Progress to full range of motion as tolerated	Discontinue	Continue with scapula strengthening, progress exercises in Phase II. Begin internal/external rotation isometrics.
PHASE IV (3-6 MONTHS)	Full range of motion	Discontinue	Advance exercises in Phase III. Begin sport-specific activities per recommendation.