

Arthroscopic Rotator Cuff Repair Rehabilitation Protocol

	ROM	Immobilizer	Therapeutic Exercise
Phase 1 0-4 weeks	No PROM. Codman's pendulum exercises only.	Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercise	Codman's pendulum exercise, elbow/wrist/hand ROM, grip strengthening, isometric scapular stabilization
Phase 2 4-6 weeks	Gentle AAROM to 140° of forward flexion, 40° external rotation at side, and abduction to 60-80°- increase internal rotation gently at 90-60° and behind back to T7-T8	Sling without abduction pillow	Begin gentle AAROM (supine position), begin gentle joint mobilizations (grades I & II), continue with phase I exercises
6 -8 weeks	Increase ROM to tolerance	None	Progress to active exercises, shoulder flexion with trunk flexed to 45° in upright position, and biceps strengthening*
Phase 3 8-12 weeks	Progress to full motion without discomfort	None	Continue with scapular strengthening, progress exercises in phase II, begin internal/external isometrics with bands, stretch posterior capsule when arm is warmed up
Phase 4 12 weeks- 5 months	Progress to full motion without discomfort	None	Advance exercises in phase III progressing to weights, begin sport-specific activities, maintain flexibility, increase velocity of motion, and return to sports activities**

* = If biceps tenodesis is concomitantly performed, NO biceps strengthening until 8 weeks post-operative

** = If approved by physician