
Arthroscopic Rotator Cuff Repair

General

Sling and abduction pillow for four weeks, then sling without pillow for two more weeks

Wear at all times while awake and asleep

Can remove when sitting and HEP

No **active** shoulder abduction, flexion or rotation for six weeks for most repairs

Phase I: Passive

Weeks 1 to 3

Pendulums to warm-up

Active motion of elbow, wrist and fingers

Supine range of motion (ROM): Begin pain free flexion, external and internal rotation

- **No terminal stretching**

Week 3 to 6

Supine external rotation: Limit to 45 in scapular plane

Supine forward elevation: **Limit to 90 degrees until week four**, then progress to **full** over next four weeks

Abduction limited to 90 degrees until week six

Progress to upright exercises

Week 6 to 7

Initiate **Active Protective** phase: Start with AAROM

Start supine, then progress to upright

Goal is to obtain full PROM before progressing to next phase

Phase II: Active

Week 7 to 10

Pendulums to warm-up and continue with phase one

No flexion or abduction lifting greater than two pounds

Active range of motion with passive stretch to full if ROM is not full

Week 10 to 12

Supine, seated and side lying external rotation

Supine, seated forward active elevation

Internal rotation behind back and sleeper stretches

Phase III: Resisted

Pendulums to warm-up and continue with Phase II

Week 13

*or when active
ROM is full*

External and internal rotation

Standing forward punch

Seated rows

Shoulder shrugs

Bear hugs

Weight Training

Advanced weight lifting with good form and no jerking

Week 16

Keep hands within eyesight and elbows bent
Minimize repetitive overhead activities
(no military press, pull down behind head or wide rip bench)
Late terminal stretching.

Return to Activities

Golf: Chip and putt four months, full six months
Doubles tennis: Four months
Throwing athlete or laborer: Five to six months