

Thunder Basin Orhtopaedics: Arthroscopic or Open Rotator Cuff Repair/Reconstruction Shoulder Rehabilitation for Massive Tear

Abduction pillow for 6-8 weeks

Phase I: Postop until 8 weeks

- Strictly passive range of motion
- Pendulums to warm up, patient to do these independently as well
- Scapular isometrics in sling
- Begin phase I in supine position therapist assisted forward elevation only for first month
- Start internal rotation after fifth week
- Start assisted external rotation
- Active range of motion of elbow wrist and hand
- No pulley until second month postop, then begin to use with therapist instruction.

Phase II: 8-12 weeks, active range of motion with terminal stretch

- Continue scapular stabilization
- Wean from abduction pillow
- Light activity of daily living okay. No lift greater than 1 pound
- Once phase II is initiated, return to supine for elevation, and progress to upright/lawn chair program

Phase III: Begin after 12 weeks, resisted exercises plus continue phase II

- Resisted program/Theraband, begin after 12 weeks postop
- Comprehensive RC and scapular stabilizer strengthening
- No overhead strengthening or impingement positions
- Go slowly and gently with abduction stretch
- Late terminal stretch

From fifth month postop forward

- No long lever arm exercises
- No abduction position exercises
- No impingement position
- Begin after 14 week when adequate progress with stiffest Theraband