


 REHABILITATION GUIDELINES
 ATHROSCOPIC RTC REPAIR/RECONSTRUCTION FOR LARGE TEAR
GO SLOWLY!**ULTRASLING FOR 6 WEEKS Full time including sleep**

PHASE 1: 0-6 WEEKS POST-OP

DOS:

Strictly Passive range of motion (ROM)

- Pendulums to warm up, patient can do these independently as well
 - Scapular isometrics in sling
 - Begin Phase I in the supine position; Therapist assisted forward elevation for first four weeks
 - Start internal rotation behind the back after 4th week (POD #29), go slowly
 - Stick assisted external rotation (ER)
 - Active range of motion (AROM) elbow, wrist and hand
- NO PULLEY UNTIL SECOND MONTH POSTOP, THEN BEGIN TO USE WITH THERAPIST INSTRUCTION***

PHASE 2: 6-10 WEEKS POST-OP

DATE:

Active range of motion with terminal stretch

- AAROM
- Continue scapular stabilization
- Wean from ultrasling
- Light Activity of Daily Living OK
- When phase II is initiated, return to supine for elevation, and progress to upright (lawn chair program)

4+ MONTHS POST-OP

Resisted plus continue Phase II

- Resisted program/Theraband
- Comprehensive RC and scap stabilizer strength
- NO overhead strengthening or impingement positions
- Go slowly and gently with abduction strength
- Late terminal stretch

RETURN TO ACTIVITIES

Ski 4-5 months



Golf 4-5 months
Tennis 6 months
Heavy Labor 6 months