


 REHABILITATION GUIDELINES
 ATHROSCOPIC RTC REPAIR/RECONSTRUCTION FOR SMALL/MEDIUM TEAR

(not subscapularis)

Sling immobilizer for 4 weeks- including sleep

PHASE 1: 0-4 WEEKS

DOS:

Strictly *Passive range of motion (ROM); pendulums to warm up*

- Scapular isometrics
- Begin Phase I in the supine position for elevation and external rotation, and progress to upright
- Start internal rotation behind back at post op day (POD) #29
- Elbow, wrist and hand active ROM
- Pulleys ok

PHASE 2: BEGIN WEEK 5

DATE:

- Discontinue sling
- Active range of motion to full all planes. Avoid impingement positions
- Light activities of daily living ok (e.g. grooming, feeding)
- No lift greater than 1 pound with operative arm until 2 months PO
- When Phase II is initiated, return to supine for elevation and progress to upright
- Light terminal stretching
- Isometric strength (except supraspinatus) with arm at side: begin six weeks post op
- Scapular stabilization

PHASE 3: 8 WEEKS POST-OP

DATE:

- Theraband resisted strengthening- 15 or more reps to fatigue to progress to next band; 3 sets BID minimum; Emphasize entire rotator cuff and scap stabilizers
- Light weights OK at least 10 wks post-op after progressing well with stiffest theraband
- Terminal Stretching

Three months post op

- Late terminal stretching
- Progressive strength training &/or work hardening
- All activity below shoulder level OK

WEIGHT TRAINING PROGRAM

- No long lever-arm exercises
- No impingement positions



No overhead strengthening until Fourth post op month

RETURN TO ACTIVITIES

Ski 4 months

Golf 4 months/ chip and putt at 2-3 months

Tennis 4 months (except overhead serve)

Contact Sports 6 months

Heavy labor/lift 4 months