



Arthroscopic Rotator Cuff Repair Rehabilitation Protocol for Physical Therapy

Maximum Protection Phase (Week 0-3):

- Sling immobilization
- Flexion to at least 115 degrees
- ER in scapular plane to 45-55 degrees
- Codman's/Pendulum exercises
- Wand exercises in scapular plane
- Flexion: AAROM when supine
- Scapular AROM / stabilization exercises sidelying / manual
- Wrist, hand, elbow ROM exercises
- Initiate deltoid sub-maximal, pain free isometrics at neutral
- Modalities

Moderate Protection Phase (Week 3-6):

- Sling discontinued between 4 and 6 weeks
- Continue above exercises progressing passive range of motion to full
- Need full passive range of motion by 6 weeks
- Initiate pulleys
- Airdyne bicycle
- ER/IR submaximal isometrics at modified neutral
- Progress deltoid isometrics to long lever arm at neutral
- Weight shifts/physioball scapular stabilization below horizontal

Active Motion Phase (Week 6-12):

- Regain full active range of motion by 12 weeks
- Flexibility exercises
- Initiate humeral head stabilization exercises
- Deltoid isometrics FF/ABD at 30 degrees
- Isotonic strengthening: scapular, deltoid and elbow musculature
- FF elevation exercises (supine – PRE)
- Glenohumeral elevation exercises without scapular substitution – PRE

Strengthening Phase (12-22 weeks):

- Theraband exercises ER / IR at modified neutral
- Initiate isokinetic strengthening in scapular plane
- Initiate plyometric exercises below horizontal