



Rotator Cuff Repair Rehabilitation Framework

<p>Phase 1 – Weeks 0-6 RC repair, deltoid takedown and repair, soft-tissue healing Goals: Regain motion, avoid deconditioning, decrease pain</p>	
1	Rest, immobilize to protect shoulder, decrease inflammation
2	Sling at night, during day in unprotected situations
3	Ice, NSAIDS, Analgesics
4	Codmans/pendulum exercises tid-qid
5	PROM, stretching to regain full ROM by 6 weeks
6	For scope cuff repairs or mini-open repairs with deltoid split only, begin deltoid isometrics
7	For fully-open repair, no anterior deltoid work for 6 weeks
8	Begin scapular stabilization/strengthening program if can avoid cuff activation/protect ant. deltoid
9	Elbow/hand/wrist PRE's

<p>Phase 2 – Weeks 7-12 Strengthening period Goals: Maximize ROM, rebuild cuff strength, shoulder coordination</p>	
1	AAROM and AROM as tolerated
2	Begin deltoid isotonic in plane of scapula to 85 degrees
3	Begin ER/IR isometrics in neutral rotation, with arm at side
4	Week 8, begin supraspinatus isometrics, go to isotonic at 10 weeks
5	Continue scapular stabilization program/PRE's
6	Continue flexibility stretching, posterior capsular stretch in particular
7	Discontinue sling

<p>Phase 3 – Week 13 and onward Full recovery Goals: Return to normal activities</p>	
1	Aggressive UE PRE's all muscles
2	Plyometrics for overhead athletes
3	Begin isokinetics
4	Begin throwing program if appropriate
5	Work conditioning/hardening prn.
6	Return to sports/work as able