

Arthroscopic Rotator Cuff Repair Protocol: Massive Tear

Phase I – Early Healing Phase (Weeks 1-6):

Goals:

- Diminish pain
- Maintain repair
- Gradually increase PROM (FF 120deg, ABD 90deg)

Restrictions:

- No AROM of shoulder
- Maintain arm in sling, remove only for exercise

Phase II – Late Healing Phase (Week 6-16):

Goals:

- Restore good PROM (by week 8-12)
- Discontinue sling (week 6)
- Restore good AROM (by week 12-16)
 - AAROM in supine position (week 6-10)
 - RTC isometrics (start at week 6-8)
 - AROM FF and ABD scapular plane (start at week 8)

Restrictions:

- No lifting with shoulder

Phase III – General Strengthening Phase (weeks 16-20):

Goals:

- Return of shoulder strength and power
 - Therabands
 - ER/IR sidelying
 - Prone rowing, horizontal abduction, etc.
- Return to functional activities

Restrictions:

- No heavy lifting with shoulder

Phase IV – Sport and/or Work Specific Strengthening Phase (week 20-24):

Goals:

- Return of sport and/or work specific shoulder endurance
- Return to limited sport and/or work specific activities

Phase V – Return to Sport and/or Work Phase (week 24-28):

Goals:

- Return to strenuous work and/or sport activities
 - Consider interval sport program
 - Consider work hardening
- Gradual return to recreational activities
- Gradual return to sport activities