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**Fellowship Trained in Sports Medicine**

**Arthroscopic Rotator Cuff Repair**

0-2 weeks post op

Arm in sling /immobilizer for 2 weeks.

Remove arm from sling twice a day to fully extend the elbow and perform gentle pendulum exercises.

Work on hand grip and finger straightening.

Modalities as needed.

2-4 weeks post op

Cont. as above

Recommend sling for sleep

GH joint mobilization grades I & II A/P glides (no caudal/inferior glides)

Work for GH/SC joint motion of 2:1 ratio

Scapular Ex’s: elevation with shrugs, depression, retraction, protraction with the use of manual resistance

Chin tucks

Pendulum ex’s

**PROM: may use shoulder pulleys or manual assistance**

**Flexion 90°**

**Abduction 90°**

**IR/ ER 30° in scapular plane**

**Extension 30°**

4 weeks post op

Cont. as above

**PROM; continue with shoulder pulleys or manual assistance**

**Flexion 120°**

**Abduction 120°**

**IR 45° in scapular plane**

**Extension 30°**

Begin *Sub-maximal* rotator cuff isometrics in all motions with arm at side with no rotation

6-20 weeks post op

Cont. as above

**D/C sling/immobilizer**

**Advance ROM to full in all directions as tolerated**

**Begin AAROM ex’s standing or supine with wand**

Wall Walks for ROM and anterior and inferior capsule stretching

UBE

Standing IR/ER with light T-Band/Tubing with arm abducted 20-30° with pillow under arm

Standing isotonics for Rotator Cuff strengthening: without weights

Flexion to 90° thumb pointing up (flex shoulder to full with weight when able)

Abduction 90° thumb pointing up (abduct shoulder to full with weight when able)

Scaption to 90° thumb pointing up, elevate arm in place scapula, (empty can position)

Scaption to 90° thumb pointing down, same position as adove but stop at 60° of abduction

Standing IR/ER with tubing with arm abducted 20-30° with pillow under arm

Scapular Stabilization ex’s:

Elevation with shoulder *shrugs*

Retraction – *prone rows* in prone position arm at 90° elbow locked squeeze scapulas together while pulling heavy weight

Protaction – supine, *2” punch*, with arm flexed to 90° elbow locked with weight in hand push up from scapula using heaviest tolerable weight +