

**Toribio T. Natividad M.D.**

**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 +